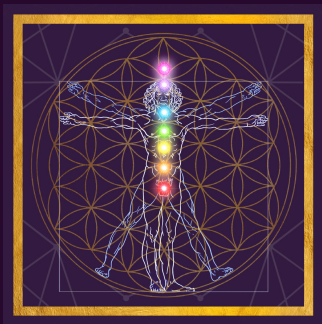


SUBMODALITY CHANGE



SHARON WHITE

Submodality Change

Submodalities help us remember what we have seen, heard, felt, smelled, and tasted both externally and imagined.

It speaks to us through our senses and builds a picture for us to refer to using our senses.

Each memory we have will have a unique set of submodalities.



colour/black and white, shape, location, distance, contrast, focus, clarity, movement, speed, three-dimensional/flat, brightness, associated/disassociated, framed/panoramic, orientation, density, transparency, size, perspective.

Submodality Change



Auditory



pitch, tempo, volume, rhythm, timbre, digital, duration, clarity, location, distance, sound, inflections, pauses, tonality, direction of uniqueness



Kinaesthetic



pressure, location, frequency, texture, temperature, intensity, vibration, humidity, movement, weight, density



Olfactory & Gustatory



smell, taste

**"Start getting in touch with your body more.
Life will change significantly". - Sharon White**