



**Work Smart Hypnosis**

WITH JASON LINETT

# HYPNOTIC WORKERS

## CHANGING SUBMODALITIES

Student Resources

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/changing-submodalities/>

# SUBMODALITIESResources

Submodalities are the qualities of each sensory modality. They tell you how important a representation is and what response to have - so if you change the submodality codings you can change the response.

	1	2	3	4
<b>Visual</b>				
Location?				
Size of picture?				
Black and white / Color?				
Bright or Dim?				
Moving or Still?				
3D or Flat?				
Focused / Defocused?				
Amount of Contrast				
Framed or Panoramic?				
Associated/dissociated?				
Location?				

<b>Auditory</b>				
Location				
Direction				
Internal or External?				
Loud or Soft?				
Fast or Slow?				
High or Low? (Pitch)				
Tonality				
Pauses				
Cadence				
Duration				

<b>Kinesthetic</b>				
Location				
Size				
Shape				
Intensity				
Steady				
Movement/ Duration				
Vibration				
Pressure/Heat?				
Weight				