



KINESTHETIC SUBMODALITIES

1. Temperature (Hot, Warm, Cold)
2. Texture (Rough or Smooth)
3. Volume
4. Pressure
5. Weight (Heavy or Light)
6. Location/ Direction
7. Rhythm
8. Steady, Constant, or Intermittent
9. Facial Expression
10. Body Position
11. Eye Positions
12. Gestures
13. Mass (How Big is It?) / Shape of Sensation
14. Intensity
15. Density
16. Movement (Motion, Spinning Direction)
17. Balance
18. Strong or Weak