# **PROTOCOL : Submodalities : Installing doubt**

**Objective** : put some doubt in the belief.

**Steps :**

1. **T** asks P to create the image of the belief (not of the experience). T asks with precision all the sub-modalities :

Visual : size ; location ; frame ; associated/dissociated ; shadow ; color ; brightness ; clarity ; movement ; relief…

Auditory : volume ; rhythm ; distance ; duration ; tone ; clarity…

1. P finds an image of a emotionally non involving experience of DOUBT through a set of **questions** (ex : what will the weather be like in 4 months ?). T asks with precision about all the submodalities.
2. Notice all the differences between the 2 images and change the sub-modalities one by one.
3. What impact does each modification have on P ?
4. Which modification triggers the most change ?
5. Test : does the belief still stands true for the patient ?

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| ***Examples of submodalities*** | | |
| ***Visual :*** | ***Auditory :*** | ***Physical :*** |
| Either inside or outside the picture (associated/dissociated)  Framed or Panoramic  Colored or blackand white  Brightness  Size of the picture  Localization  Distance of the picture from self  2 or 3 dimensionnal  Intensity of the colors  Degree of the contrast  Clear or blurry picture  Angle of vision  Movement (speed, tempo)  Number of pictures | Volume  Location  Rhythm  (interruptions, grouping)  Inflection  Tempo  Pauses  Babel or  Distinct sounds  Key  Tone  etc... | Texture  Temperature  Vibration  Pressure  Localization  Movement  Duration  Stable - intermittent  Intensity  Hot - cold  etc... |