# **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 ?

|  |
| --- |
| ***Examples of submodalities*** |
| ***Visual :*** | ***Auditory :*** | ***Physical :*** |
| Either inside or outside the picture (associated/dissociated)Framed or PanoramicColored or blackand whiteBrightness Size of the picture LocalizationDistance of the picture from self 2 or 3 dimensionnalIntensity of the colorsDegree of the contrastClear or blurry picture Angle of vision Movement (speed, tempo)Number of pictures  | VolumeLocationRhythm(interruptions, grouping)InflectionTempoPausesBabel orDistinct soundsKeyToneetc... | TextureTemperatureVibrationPressureLocalizationMovementDurationStable - intermittentIntensityHot - coldetc... |