

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...
2. 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.
3. Notice all the differences between the 2 images and change the sub-modalities one by one.
4. What impact does each modification have on P ?
5. Which modification triggers the most change ?
6. Test : does the belief still stands true for the patient ?

<i>Examples of submodalities</i>		
<u>Visual :</u>	<u>Auditory :</u>	<u>Physical :</u>
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...