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## #264: THE VISUAL SUB-MODALITIES WORKSHEET

**Motion**                      *Is it a movie or a still photograph?*

**Color**                      *Is it in color or black and white? How bright are the colors? Is there a dominant color that stands out? Is the picture tinted with a particular filter (say, a vintage filter)?*

**Size**                      *How big is the image, relatively? Do you have to move your head up to see more of it? Are you aware of elements that are not in direct view due to its size? Is it too small to notice any specific details?*

**Dimension**                      *Is the image flat (2D) or three-dimensional (3D)? Does it cover your entire field of vision (wrapped around you in all directions) or is it like a flat screen in front of you? Does it look more like a home made movie or a stop motion or even a cartoon?*

**Spatial location**                      *What is the exact location of the image? More to the left or right, up or down? How would you "hold" the image if you were asked to do so with your hands? Does it "hang" towards one side as if it's magnetically attached?*

**Proportions**                      *Is everything in the picture about the same size as it would be in real life, or are some of the people or objects disproportionately large or small?*

**Brightness**      *Is it brighter or darker than normal in that context?*

**Contrast**      *Is there a lot of contrast, or is it damp?*

**Distance**      *How far away from your face is the image?*

**Texture**      *What kind of texture does the picture have, smooth or rough?*

**Focus**      *Is the image in focus or out of focus? If it is out of focus, to what degree?*

**Visual Data**      *Does it have both foreground and background elements? Can you take in the whole picture while still recognizing the smaller parts? Do the specifics jump out at you or do you have to shift your attention to take them in?*

**Global shape**      *Does the image have a specific form, such as a square, an oval, a rectangle (16:9), etc.?*

**Frame**

*Is the image framed? Does it have a defined edge, or do the corners blur out? What color is the border, if any? What's the thickness of the border?*

**Overall  
external  
movement**

*Does the image tremble or wobble, or is it solid and steady? So, if the image is shaky, to which direction does it move most heavily?*

**Speed of  
thought**

*If this is a mental film, how fast does it play? Is it faster than normal? Does the movie omit moments from the real event?*

**Orientation**

*Is the image tilted in any direction?*

**Perceptual  
Position**

*Is it associated or dissociated? Can you see your whole self in the image, or do you experience the memory through your own eyes as if you're there again? What point of view is it if it is dissociated?*

**Perspective**

*Where do you, the spectator, stand in relation to the action if the image is dissociated? What is the distance and proximity to the screen? From which direction? Do you recognize yourself in the picture from different angles? Do you see yourself in that image from the front, side, or back? From above, in a bird's-eye view? Or as if you (the observer) were peering over your (self) movie character's shoulder?*

**Variety**

*Does the mental event project one or more images to represent it? If there is more than one, what is the difference between them in terms of your perspective? Do you see different images depending on your vantage point? Are the multiple images arriving simultaneously or in sequence (as in, seeing the event from one direction and then another)? Do you make use of the multiple concurrent images to evaluate different options?*