

## SUB-MODALITIES CHECKLIST

VISUAL - HOW YOU SEE IT		DESCRIPTION
Size of Image		
Black and White or Color		
Moving or Still		
Associated or Dissociated		
Framed or Panoramic		
Location		
AUDITORY - HOW YOU HEAR IT		
Location		
Direction		
Internal or External		
Loud or Soft		
Fast or Slow		
High pitch or low pitch		
KINESTHETIC - HOW YOU FEEL IT		
Location of Sensation		
Size of Sensation		
Shape of Sensation		
Movement of Sensation		
Vibration of Sensation		
Pressure of Sensation		
Temperature of Sensation		
Weight or Density of Sensation		
What you would name this sensation		
Your posture and breathing		

## ALTERNATIVE PERSPECTIVE WORKSHEET

Desired Outcome or Current Situation	Dissociated or neutral position experience and notes	Associated as the "other person" experience and notes	Associated with self again. Any changes or new insights?	Any changes you need to make to what you want or do not want?

# CURRENT SITUATION WORKSHEET

Current Situation	How do you see it?	How do you hear it?	How do you feel it?	How does it affect the ones you love?

# DESIRED OUTCOME WORKSHEET

Desired Outcome	How do you see it?	How do you hear it?	How do you feel it?	How does it affect the ones you love?

## THE ULTIMATE PERSPECTIVE WORKSHEET

Desired Outcome or Current Situation	How you see it, hear it, feel it. Sub-modalities	Can you change the experience by changing the sub-modalities?	What are you grateful for most, or what do you regret the most?	How has it affected your whole life?

# FEAR WORKSHEET

Fear	Real or Imagined?	Did it actually happen?	The Ideal

# HARMS WORKSHEET

Who was harmed	How were they harmed	Why I harmed them	The Ideal

# RESENTMENTS AND REGRETS WORKSHEET

Instincts Threatened						
Who I Resent	Why I Resent Them	Survival	Sex	Social	My part in it	The Ideal



# ROMANTIC RELATIONSHIPS WORKSHEET

Was I Ever										
Relationship	What happened	My Part in it	Jealous	Insecure	Controlling	Needy	Unfaithful	Dishonest	Abusive	The Ideal

# AMENDS WORKSHEET

Making Amends to	Specifics of amends	Direct	Indirect plan	Completed

# FORGIVENESS WORKSHEET

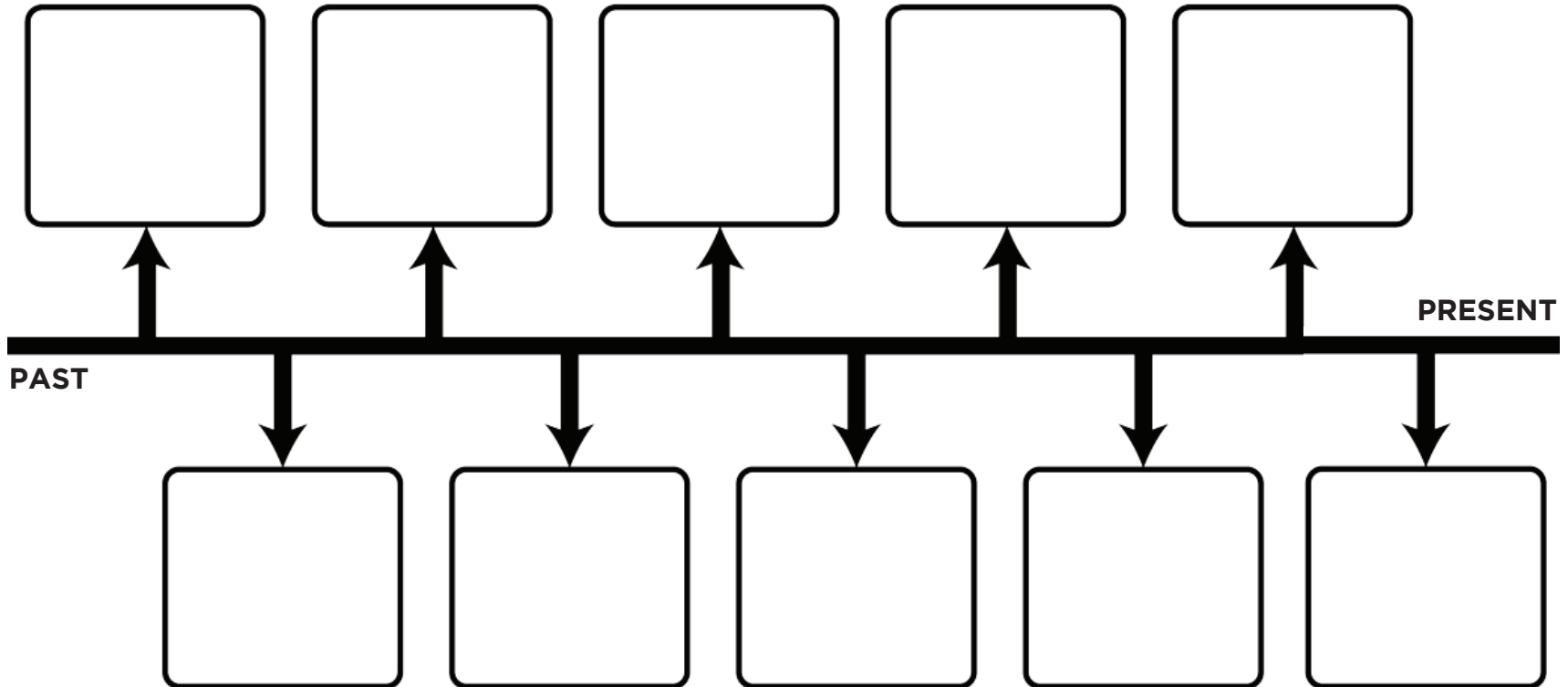
Who needs to be forgiven?	Are you willing to forgive them?

## FORGIVING OURSELVES WORKSHEET

What I regret	Why I did it	Lessons to be learned	What else can I do?

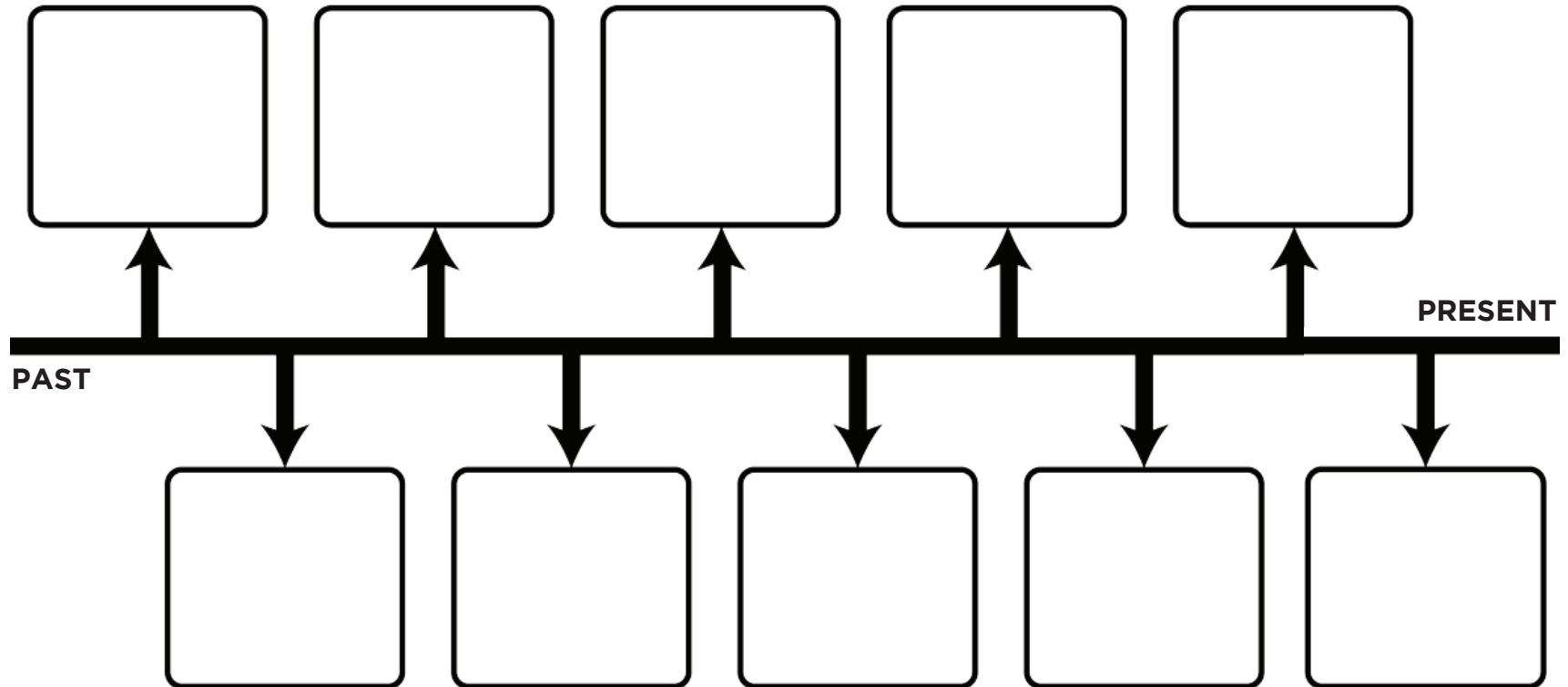
# TIMELINE WORKSHEET

## NEGATIVE LIFE EVENTS



# TIMELINE WORKSHEET

## POSITIVE LIFE EVENTS



# DESIRED BEHAVIOR WORKSHEET

Unwanted Behaviors	Secondary Gain or Positive Intent	Alternative methods of achieving secondary gain	Wanted Behaviors

# SWISH WORKSHEET

Unwanted behavior	Trigger Event	Desired behavior



## IDEAL TRAITS MODELING WORKSHEET

Current positive traits and talents	Desired traits and talents	Who I admire most	Traits and talents I want to model

# REMAINING UNWANTED AND DESIRED TRAITS

Remaining Unwanted Traits	Remaining Desired Traits

# TRAIT ANCHORING WORKSHEET

Ideal Character Traits	People who exemplify this trait	Detail of their model	Future Pace Situations

# YOUR IDEAL SELF

What my ideal self is not	How do I measure up? 1-10	What my ideal self is	How do I measure up? 1-10

# DAILY SUCCESS PROGRAM WORKSHEET

Date:			Evening Program		
Unwanted Traits		Ideal Traits		Misc. Successes	
Do I owe amends to anyone?					

Date:			Tomorrow Morning's Intentions		
Intended Character Traits		Intended Awareness		Intended Goal Focus	

## TWO PINS IN THE MAP WORKSHEET

Area of your life	Where are you currently on a scale of 1-10	Where you are going	Potential Synergy

# YOUR JOURNEY BEGINS HERE WORKSHEET

Area of your Life	Your current supporting traits and skills	People successful in this area you want to model	Their supporting traits and skills	Area-specific traits and skills you must develop	Obstacles

# CHUNKING WORKSHEET

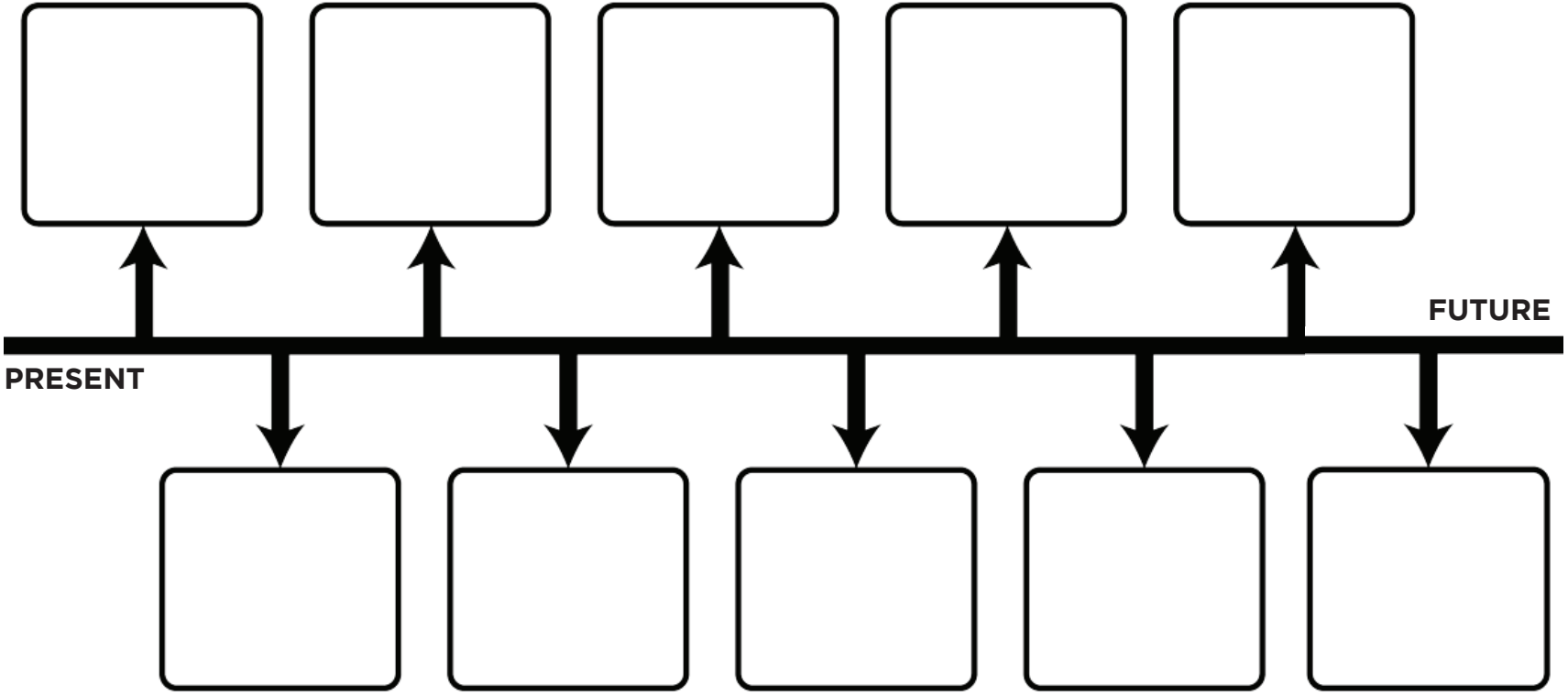
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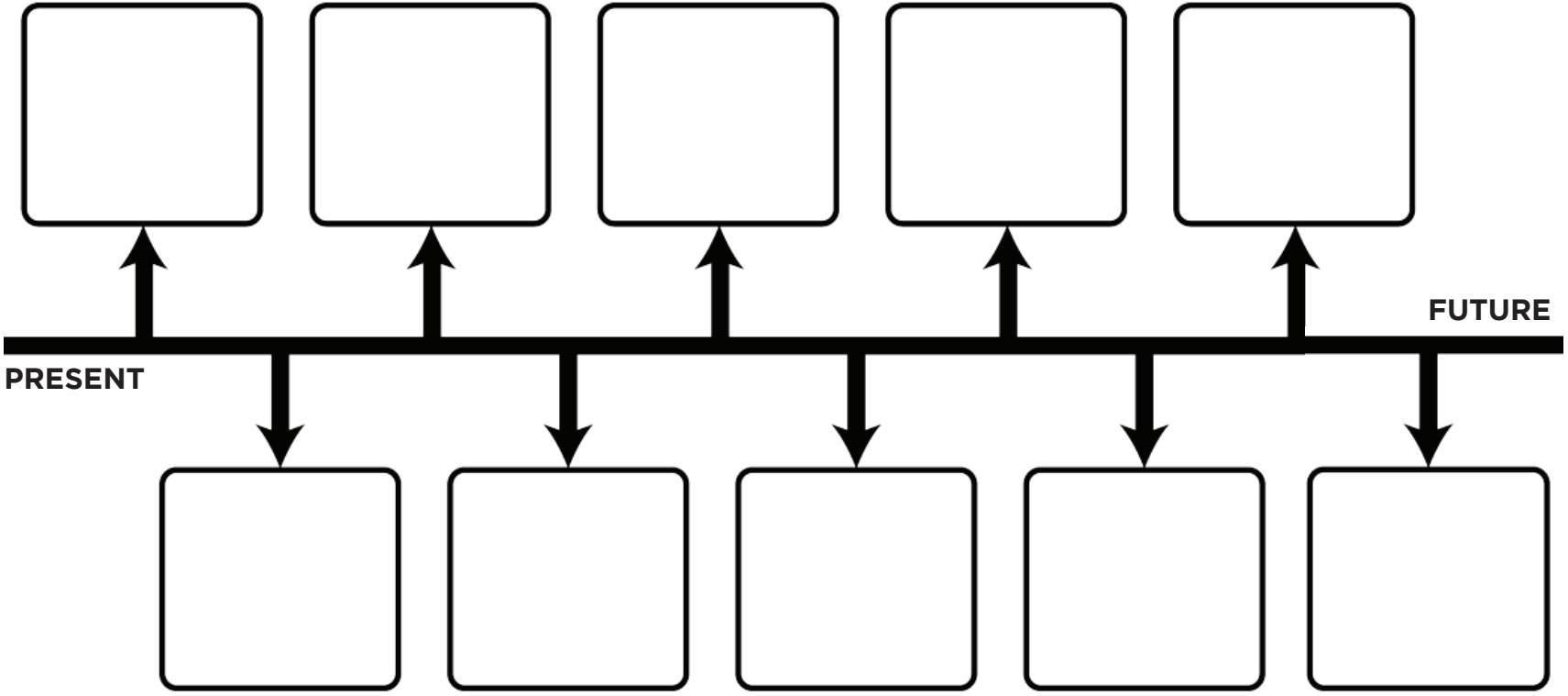
# WHAT AND WHY WORKSHEET

Area of your Life	Your "Big Goal" or What	Your true motivation or "Why"	How you experienced the accomplished goal or "VAK"

**TIMELINE WORKSHEET**  
**FUTURE POSITIVE LIFE EVENTS**



**TIMELINE WORKSHEET**  
**FUTURE POSITIVE LIFE EVENTS**



## DISCONTENTS BELIEFS

Discontent	What must I believe to be true?	Confirmation Bias

## DREAM LIFE-LIMITING BELIEFS

Dream Life Incongruence	What limiting belief must I believe to be true?	Confirmation Bias

## FEAR BELIEFS

Fears	What must I believe to be true?	Confirmation Bias

# OTHER PEOPLES BELIEFS

Other people's traits you like and do not like	What must they believe to be true?	Do I exemplify this trait?	What must I believe to be true?

# PERSONAL TRUTHS WORKSHEETS

Positive and Negative Beliefs			
Positive Belief	Confirmation Bias	Negative Belief	Confirmation Bias



## STRENGTHS BELIEFS

Strengths	What must I believe to be true?	Confirmation Bias

# YOUR TRUTH SHALL SET YOU FREE WORKSHEET

Top 5 Unwanted Beliefs	Positive Intention and Instincts Protected	Is your positive intention being achieved?	Events, evidence, and information contradicting your belief	Perhaps there is a better way	Sub-modalities of your wanted beliefs

# YOUR TRUTH SHALL SET YOU FREE WORKSHEET

Top 5 Wanted Beliefs	Positive Intention and Instincts Protected	Do you want this positive intent? Is it being accomplished? Are you open to a better way?	Supporting Beliefs, evidence and habits	Sub-modalities of your wanted beliefs