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Submodalities are the subsets of the five primary modalities we use in our everyday life, which give an order to the life experiences we are having at any given moment. The five basic senses are visual (seeing), emotional (feeling), auditory (hearing), olfactory (smell), and gustatory (taste).

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The submodalities are the part we can access of that very highly complex internal representation. So if we change the submodalities, we change the internal representation, which in turn changes the meaning, which will in turn change the behaviour. So back to out list, why only visual, auditory and kinaesthetic?

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Insider's Guide to Submodalities: Bandler, Richard ...

Submodalities are the subsets, or finer distinctions of the Modalities or the Representational Systems by which we re-present information through our five senses. They are the building blocks of the representational systems by which we code, order and give meaning to the experiences we have. Submodalities are how we structure our experiences, they are the 'brain's language'.

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