

Sensory acuity and sub-Modalities

When a person has an experience of any sort, it is perceived and stored in it's sensory components. These are often referred to as the 'fivetuplet' or 'quintuplet' in NLP and are Visual, Auditory, Kinaesthetic, Olfactory and Gustatory. (VAKOG)

Richard Bandler further refined these 'sensory modalities' down into Sub-modalities in his book "An insiders guide to Sub-Modalities".

This book is essential reading for anyone interested in understanding NLP