

Your Master Neuro-Com Characteristics Checklist for Positive Outcomes and Emotions

Visual

<i>Self in or out of picture</i>	
<i>Framed or panoramic view</i>	
<i>Bright or dull</i>	
<i>Black and white or colour</i>	
<i>Three dimensional or flat</i>	
<i>Sharply focussed or blurred</i>	
<i>Movie or still image</i>	
<i>Number of pictures (stills or movie)</i>	
<i>Intensity of colour (Rate it 1-10)</i>	
<i>Remind you of anything?</i>	

Feelings

<i>Warm, cool, or cold</i>	
<i>Texture: Rough or smooth</i>	
<i>Vibration: Mild or intense or none</i>	
<i>Intensity of feeling (Strong, weak, 1-10)</i>	
<i>Size (Does the feeling occupy space?)</i>	
<i>Shape (is it round, square, triangular)</i>	
<i>Weight (Rate it 1-10 where 10 is very heavy)</i>	
<i>Movement</i>	
<i>Steady or intermittent</i>	
<i>Internal or external</i>	
<i>Pressure</i>	

Auditory

<i>Volume (Rate it 1-10 where 10 is very loud)</i>	
<i>Pitch (high, middle, low, deep)</i>	
<i>Direction (where is it around you)</i>	
<i>Rhythm (does it pulse or is it steady)</i>	
<i>Remind you of anything?</i>	

Smell

<i>Odour type (pungent, sweet, putrid etc)</i>	
<i>Strength (Rate it 1-10 where 10 is strong)</i>	
<i>Remind you of anything?</i>	

Taste

<i>Type (bitter, sweet, sharp etc)</i>	
<i>Flavour (does it have a detectable flavour)</i>	
<i>Strength (Rate it 1-10 where 10 is strong)</i>	
<i>Remind you of anything?</i>	