

## NLP Practitioner & Coaching Certification Training

### Submodalities List

***I often get asked this question: "I don't understand what 'Framed or Panoramic' means. Could you give an example?"***

'Framed or Panoramic' are VISUAL submodalities, they have to do with the PICTURES we have/make in our mind. I am enclosing some examples below:

FRAMED means that the picture in your mind is set against a larger background and it has a frame around it.



PANORAMIC means that the picture takes up the whole space; there is no visible background behind it.

