

VIVID IMAGERY EXERCISE: REMEMBERING A PAST EVENT

NAME:

Once you have spent a few minutes re-experiencing a formative memory of a past event, take an inventory of your sensory memories. These are the details, large and small, that will make your imagery vivid. The more vivid your imagery, the greater your brain activation, so make an effort to draw up as many specific sensory details as you can manage during your imagery.

SIGHTS *What do you see? Scenery? People? Objects? Any details stand out?*

SOUNDS *What do you hear? Which noises are foregrounded? Which are backgrounded? Are they loud, soft, shrill?*

SMELLS *What do you smell? The fresh cut grass of the field? The chlorine in the pool? The worn leather of your mitt?*

TOUCH *Can you feel the stitching on the ball, the coarseness of the diving platform beneath your feet? The tape on your ankles? The sweat on your brow?*

TASTE *The salt of your sweat? Mint of your gum? The dull sweetness of your mouth guard?*

EMOTIONS *What emotions are you experiencing? Do these emotions change throughout the imagery? Be sure to note any physiological responses to your emotions. For example, if you are feeling anxiety, is it hitting you in your chest or your stomach?*
