

CONTROLLABLE IMAGERY EXERCISE: REVISING A PAST EVENT

Now that you've successfully imaged a past event, we're going to work on revising those memories to create different outcomes. Your ability to change the content and direction of your imagery will make it more controllable. The more controllable your imagery, the more neural pathways you'll be able to target and enhance in your imagery sessions. You might notice that many of the fields below are identical to your previous exercise. This is because the process of imaging an event, whether we're remembering an actual event or creating a new one, is largely the same. We enter the imagery through our senses and create a vivid sensory environment. From here, however, we can add a few "controllables," like our focus and our behaviors, to steer our imagery in a direction of our choosing, and kinesthesia, which is the feeling of our bodies in motion, to incorporate the appropriate movements and mechanics to perform at our best.

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 grip of the ball, or the coarseness of the diving platform beneath your feet? The chalk on your hands? The sweat on your brow?)

TASTE (What do you taste? The gum in your mouth? The sweat on your lips? What do these tastes remind you of?)

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 stomach?)

KINESTHETIC SENSE (How does the movement of your body feel? Do your movements feel synchronous? Are you moving with ease and purpose? Does your body feel graceful? Powerful? In control?)

FOCUS (Where are you directing your attention? Is it helping or hurting your performance? Are you able to re-direct your focus at will?)

BEHAVIORS (How are you acting or responding to what's happening around you? What's your body language?)
