

Imagery Script Outline Worksheet

Instructions: Think of the goal you wish to accomplish through imagery and how mentally rehearsing specific imagery would help you towards that goal. Think of what the story is that you will imagine. Then, using the prompts below, list specific, detailed, vivid descriptions of what you see, hear, feel, think and so forth. Try to use lots of descriptive words to make the list come alive for you as possible. Once you have completed the worksheet, use the descriptions you've listed to complete an imagery script. See the Imagery training article for more details.

Name: _____ Date: _____

Briefly **describe the story and purpose** of what your imagery is about (make a beginning, middle, and a end):

List using vivid details what **the sights** are in your imagery:

List using vivid details what **the sounds** are in your imagery:

List using vivid details what the **smells and tastes** are in your imagery:

List using vivid details what the **body and muscle movements** feel and look like in your imagery:

List using vivid details **the thoughts** you have in your imagery:

List using vivid details **the emotions you experience** in your imagery: