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MIND TACTICS

BUILDING AN IMAGERY SCRIPT

Building an Imagery Script

A popular sport psychology technique Warfighters can use is mental imagery. This is the practice of seeing (and feeling) in your mind's eye how you want to perform a skill, as if you were actually doing it. It can augment your usual training and help you maintain—or even surpass—your current skill level, even when you're sidelined.

Some of the ways that imagery helps performance include:

- · Better decision-making
- · Fewer errors
- · Improved attention
- · Increased confidence
- · Reduced stress and anxiety

You can generate imagery in your mind for just about any task (improving your running time or marksmanship, for example). Good mental imagery incorporates all of the senses, and it often helps to listen to a scripted audio recording. In addition, here are two videos you can watch to give you an idea of mental imagery in action:

- "Old Blue Angels—Pre-briefing and post-briefing"
- "Olympics 2012: Michael Phelps"

Follow the instructions below to create your own script.

Stage #1: Writing the Script (step by step)

Task you are breaking down:	
When is it? (date if known, time of year, conditions, likely temperature, etc.):	
It may help to recall when you performed or observed a similar task in the past. Name approximately 5* relevant details that make the scene more vivid and concrete in your mind's eye (sights, feelings of effort, sounds, smells, tastes, touch, or emotions, for example):	
(Circle the 3 most relevant).	

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How "amped up" or "chilled out" are you going into this? Describe what this means for you (butterflies? faster breathing? excitment? tiredness?). Name approximately 5* details:
(Circle the 3 most relevant)
How "amped" would you like to be? Describe how this feels with approximately 3* details:
(Circle the most relevant)
In any order, brainstorm a list of the key technical steps for performing this task optimally. Then mark each step with small numbers to note the sequence of steps:
(Circle the 5 most relevant)
In order, list the 3* most relevant steps. Then list at least 3 details that make an image of these steps realistic or that seem relevant (sights, feelings of effort, sounds, smells, tastes, touch, or emotions, for example):
1)
Details:
2)
Details:
3)
Details:

^{*}These numbers are just suggestions based on practical experience; they are not research based findings. We provide them merely as loose suggestions for you to modify as you see fit.

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involve a possible different sequence to achieve a positive outcome or even imagine a problem with a link in the chain and imagine how you would generate a solution to achieve the best possible outcome in that situation. It may be worth reflecting how this new irregular scenario may change your feelings and thoughts. Reflect on how amped are you. What are your thoughts at this point? What elements in the scene became more vivid or important (which sights, feelings of effort, sounds, smells, tastes, touch, or emotions, for example):
Consolidate the most important details from the last few pages into an imagery script with more than one possible outcome and more than one way to achieve a positive outcome. Be descriptive but concise. Highlight the elements (sights, feelings of effort, sounds, smells, tastes, touch, or emotions, for example) from the previous example that were more vivid or important (circle 5 of these) and note any important cue words that direct your attention:

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