

How to develop your own imagery scripts



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PREFACE

The goal of this performance enhancement package is to describe how mental imagery can be applied to enhance the performance and enjoyment of athletes and other individuals who wish to reach their true potential in their performance domain. This information package will provide athletes, coaches and other performers the keys to successfully engage in a mental training program that can be designed for each individual's unique needs.

THE KEYS TO IMAGERY

Imagery can be defined as an experience that mimics a real experience, where we are consciously aware of forming and seeing an image and can involve the use of our other senses. For example, an athlete may imagine the emotions of standing on the podium at the Olympic Games, hear the sound of O'Canada on the sound system, imagine the feel of the medal around their neck and even imagine the scent of the bouquet in their hands. Though most athletes will not have the opportunity of the Olympic experience, it is likely many have played a similar scene in their mind. This is why imagery is such a great skill, because we can imagine things that we have not yet experienced.

Over the years, a substantial amount of research has examined the relationship between mental imagery and sport performance; indicating that imagery can improve the physical performance of sport skills. Hence, sport psychologists encourage athletes to use imagery to influence their performance in many ways such as enhancing motivation, increasing self-confidence, coping with injury, regulating arousal, and managing stress and/or anxiety.

Virtually everyone has the ability to create and use imagery, this is why it is used in both training and competitive settings by athletes of various ages and competitive levels. Imagery is a mental skill that is frequently used by athletes to aid skill acquisition, manage emotional reactions and facilitate the attainment of goals. Ultimately mental imagery is a powerful tool that may be used in a variety of ways to help athletes do their best in training and competition.

As with physical skills, mental skills take time and effort to learn. Practicing mental skills, including imagery, prior to integrating them into competition will help you use them effectively. Since imagery rehearsal requires considerable concentration it can be fatiguing. When first learning to use imagery try to image for only a few minutes at a time. You may need to close your eyes to help block out distractions, and will probably find imagery easier to do in a quiet space. Many athletes have indicated that they like to practice their imagery while lying in bed before they go to sleep because they are very relaxed and can fully focus on the images. However you decide to practice your imagery, make sure to do what works best for you. As you learn to use imagery it will become easier to do and you will be able to include it as part of your pre-competition routine, during workouts and between attempts or shifts in a competition. Usually this imagery is short where you can create images of specific sport skills (e.g., a free throw in basketball), imagine overcoming a difficult situation (e.g., cycling in the rain), regulate emotions or arousal (e.g., being calm and in control when serving for the win in volleyball), rehearse strategies or routines (e.g., a floor routine in gymnastics), and to see the outcome you are trying to achieve (e.g., attaining a personal best time in swimming). See the suggestion box for recommendations for making your imagery practice more

effective. This box includes some things to consider as you continue to hone your imagery abilities.



Suggestion Box

Effective Imagery Practice: The PETTLEP Model (Adapted from Holmes & Collins, 2001)

Physical – is the task one that requires being relatively relaxed (e.g., archery) or one that requires high activation (e.g., Olympic lifting)? You may need to get more relaxed or more energized prior to your imagery session. Going through movements as you image may help make your imagery seem closer to the real thing.

Environment – imagine the environment you will be competing in, use pictures or video if it's a venue you've never competed at before.

Task – athletes in form based sports (e.g., diving) often find an external imagery perspective to be most beneficial. Athletes in interactive sports (e.g., soccer) sometimes find an internal imagery perspective to be more useful. The task demands will also differ depending on the skill level of the athlete; your coach will be able to help you identify what aspects of a task you should be focusing on as a novice, intermediate or elite athlete.

Timing – your imagery of a sport skill, routine, event, etc. should take the same amount of time as it does to physically perform (e.g., if it takes 24 seconds to run 200m the imagery should take 24 seconds too).

Learning – your images should change as your skill level improves. If you've changed technique your imagery should change to match the new technique.

Emotion – imagery is more effective and closer to experiencing the real thing when you incorporate emotions or attach meaning to the images. For example, when you're imaging yourself achieving a goal, feel the pride you would experience when your coach and others congratulate you.

Perspective - try using both perspectives to find the one that works better for you and your sport. Athletes will often switch between perspectives. Notice that perspective is closely linked to the demands of the task.

The great thing about imagery is that you can use it anywhere and at anytime. Most athletes use imagery before, during and after competitions and training sessions. Imagery helps athletes prepare for what they are about to do, gives them confidence, and helps them to learn and refine skills and strategies. Additionally, you can use imagery at work, school, home, while traveling and during injury rehabilitation. When first learning to use imagery begin by practicing something familiar, for example, picture an object in your sport (e.g., a baseball glove), then imagine the practice environment (e.g., the volleyball court). From this image you can include dynamic components such as making a play with a team mate. Once you are comfortable using imagery in the practice setting you should easily be able to use it in competition settings. The introduction of imagery is best done during the pre-season when you can begin practicing your imagery skills, integrate them into competitions during the pre-competitive phase and adjust your imagery use so it is most effective during the competition phase.

Imagery is also more effective when a combination of senses are used (i.e., sight, sounds, smell, touch, and kinaesthetic [movement of the body]). You can use both an internal imagery perspective, as though you are actually physically doing the sport and looking out from your own eyes, and an external imagery perspective, imaging from a third person perspective as if watching a video. Most athletes prefer one perspective over another, but you should try to use both perspectives to find out which one works best for you. Remember one perspective is not better than the other and regardless of the perspective you prefer, you should be able to both see and feel the images you create.

Most athletes are able to use imagery to some degree but the effectiveness of that imagery can be enhanced with practice, leading to more positive sport experiences

including improved confidence and skill acquisition. Simply using the following imagery scripts or creating your own will provide you with the opportunities to practice imagery and help you reach your full potential as an athlete.

HOW TO CREATE YOUR OWN PROGRAM

For imagery to be most effective, the function of imagery used should match the desired outcome. For example, if the goal is to improve your self-confidence, then you should use imagery consisting of images associated with confidence and mental toughness in difficult situations. Your goals will most likely change several times throughout the season, but one of the keys to creating an effective imagery script is to determine what you would like to achieve at a specific point in time. Once you have identified the goal of the imagery program then you would select the appropriate function of imagery which is designed to achieve that goal. To help you determine what type of imagery is best for you, see the chart in Appendix A.

Once you have determined what the specific goal of the program is and have identified the appropriate function of imagery, you can begin to create your imagery script. Because each function of imagery serves a different purpose, the scripts will need to reflect this. For example, a script focused on skill development will be created a little bit differently than a script focused on emotional regulation. Appendix A details the main variables that you should focus on to create an effective script for each function of imagery. When putting the scripts together you will find it useful to keep them short (three to four minutes in length), detailed and include two to three different scenarios per imagery session. We have included imagery scripts for developing foundational imagery skills (Appendix B), the rehearsal of sport skills (Appendix C), enhancing motivation

(Appendix D), enhancing confidence (Appendix E), and managing arousal and emotions (Appendix F) in this performance enhancement package. You can use these scripts as a base to modify or create your own sport specific imagery. Once you have created your imagery script, take time to review it and make sure it is following the guidelines in this package.

Now that your imagery script is complete it is time to record it and load it onto a listening device. There are a few reasons why we are encouraging you to create an audio version of your script: (a) It is somewhat difficult to read a script off of a piece of paper, then memorize it and try to image it perfectly, so it is much easier to use an audio format; (b) by recording it and loading it onto a listening device, you now have it forever, you can take it wherever you go and can listen and image absolutely anywhere, and; (c) there are so many easy recording programs available, why not? Simply record the script into an audio format, convert to an mp3 format and then load it onto your listening device.

After recording the scripts, it is now time to begin your imagery training program. Typically an imagery training program takes place over four weeks, where an athlete will practice between two to three times per day. Over the course of the training program new scripts should be introduced every three to four days.

EVALUATE YOUR PROGRAM

It is always a great idea to monitor your practice and keep track of your improvements. Therefore we encourage you to keep some form of an imagery logbook. This way you can identify the times of the day that are best suited to practice imagery, determine where you find it most effective to practice, where your strengths are and areas

you can improve on. Included in Appendix G is a simple imagery logbook that you can easily incorporate into your program (see Appendix G).



APPENDIX A

GOAL OF IMAGERY

HOW TO CREATE YOUR OWN SCRIPT

Rehearsal of Sport Skills (Cognitive Specific)

- Select a sport skill the athlete is attempting to master or to improve.
- Incorporate feelings of frustration as the athlete tries something new in training.
- Now have the athlete picture being satisfied, as they get closer to performing the skill correctly.
- Have the athlete picture correctly executing the skill in a competition.
- Include as many emotions and feelings as possible.
 - Be as specific and descriptive as possible.
 - Include as many senses as possible.

Strategies of Play (Cognitive General)

- Select a strategy of play/game plan/race plan/routine the athlete is working on or is critical to success.
- Identify what the athlete needs to execute and the outcome of the strategy.
- Now have the athlete picture correctly executing the play.
- Include as many emotions and feelings as possible.
 - Be as specific and descriptive as possible.
 - Include as many senses as possible.

Motivation and Commitment (Motivational Specific)

- Identify a goal the athlete is trying to achieve, such as winning a championship, having a starting role, or improving technique.
 - Acknowledge how the athlete would feel emotionally after achieving the goal, include how others would react to the achievement (e.g., media, parents, coach).
- Now have the athlete picture going through the process to work toward the goal.
- Have the athlete picture success and celebrating their achievement.
- Include as many emotions and feelings as possible.
 - Be as specific and descriptive as possible.
 - Include as many senses as possible.

GOAL OF IMAGERY

HOW TO CREATE YOUR OWN SCRIPT

Confidence and Mental Toughness

- Create a difficult situation that has been identified as problematic.

(Motivational General-
Mastery)

- Incorporate feelings of uncertainty, anxiety and non-confidence experienced during the difficulty.
- Now have the athlete picture remaining confident and in control.
- Have the athlete picture overcoming the difficulty and being successful.
- Include as many emotions and feelings as possible.
 - Be as specific and descriptive as possible.
 - Include as many senses as possible.

Manage
Arousal/Stress/Emotions
(Motivational General-
Arousal)

- Create a difficult situation that has been identified as problematic, where the athlete has difficulty with emotions, feeling too nervous and over anxious or feeling tired and not into the competition.
- Incorporate the emotions, feelings of anxiety, nervousness, tension or tiredness; whatever the case might be.
- Now have the athlete picture being calm and in control or getting energized and channeling that energy.
- Have the athlete picture overcoming the difficulty and being successful.
- Include as many emotions and feelings as possible.
 - Be as specific and descriptive as possible.
 - Include as many senses as possible.

APPENDIX B

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

1. Pick a familiar object in the room Focus on every detail of this object; look at the shape and colour Close your eyes and imagine you are still looking at the object; see clearly all of the details, all of the shapes and colours Now open your eyes and compare your image with the real object Close your eyes again and see the object with its colour and detail.
2. Now imagine your house, you are standing outside at the front of your house, notice the colours, the windows, and all of the details.....Walk to the front door, notice how the house seems to grow larger as you get closer.....Put your hand on the door handle.....Open the door and walk into your house.....Walk through your house to the doorway of your bedroom.....See the colours of the walls, the furniture, the windows, and the floor.....Notice all of the details as you look around your room.....Now turn around and walk back to the front door of your house.....Open the door and walk out, turn around and look back at your house.
3. Picture a beautiful warm summer's day and you are sitting on a beach.....See yourself lie down and feel the warmth of the sand.....As you lie there quietly feel the warm sun shining down on you.....Hear the sound of the water as the waves wash up onto the shore.....Feel a slight cool breeze blow over you.....As you lie on the sand you feel warm and relaxed.

4. Let your hands rest at your sides, squeeze your fists and notice how your hands and forearms feel.....Do you feel the tension in your hands and forearms?.....Stop squeezing and image those feelings in your hands and forearms.....What sensations did you pick up on?

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.



APPENDIX C

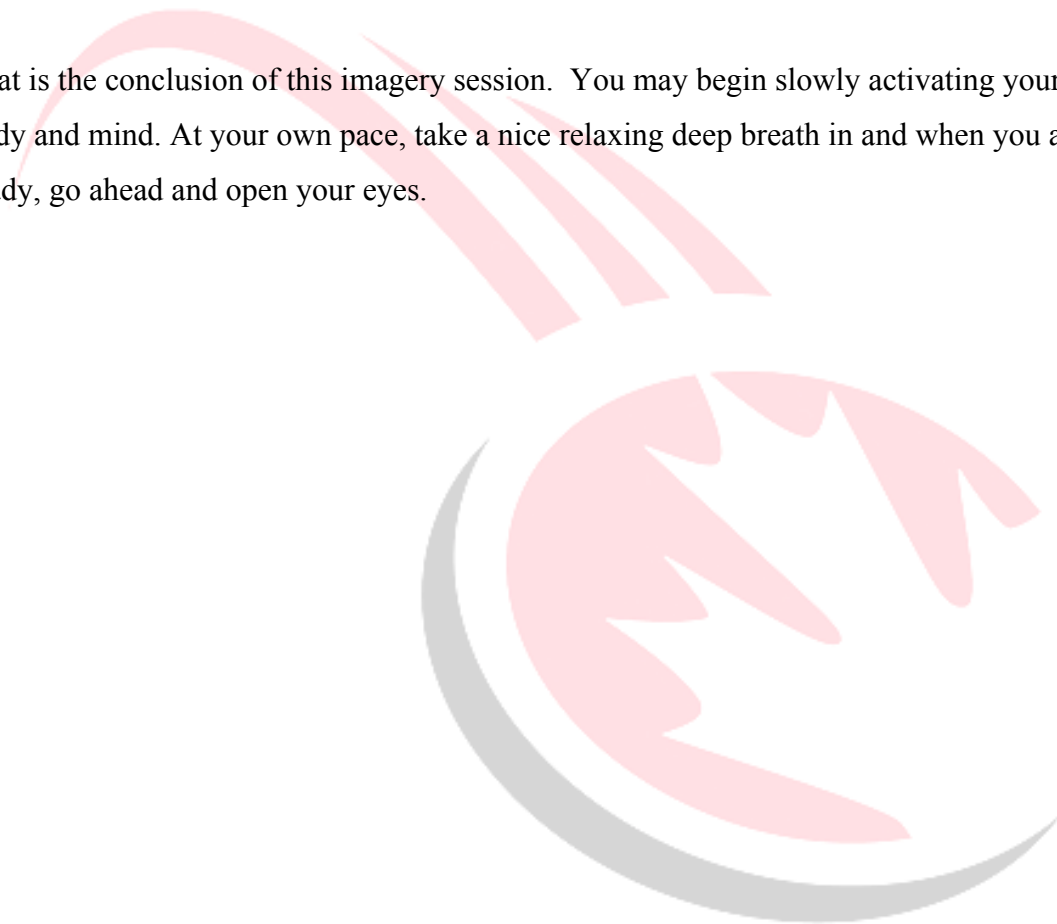
Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

1. Imagine a door familiar to you (such as the front door of your house). Picture the colour and texture of the door...you are about to open the door and reach out for the door handle, feel the muscles in your hand and forearm flex as they grip the handle, notice the coolness of the metal from the door handle...as you turn the handle use your weight to push the door open.
2. Imagine you are running during a competition in your sport, preparing to do a skill specific to your sport (e.g., taking a shot, making a pass, striking a ball, doing a jump)...see your knees come up high toward your chest and your heels extend behind you as you run quickly and smoothly, your heart is beating and your arms are pumping...you are feeling strong and fast...see yourself quickly get into position and then transition into the sport specific skill...you perform the skill efficiently and the outcome is just what you wanted (e.g., you made the shot, you got an assist, you connected with the ball, you jumped high).
3. Imagine a strategy of play/game plan/race plan/routine that you've been working on recently in training...see yourself go through the plan and perform it well in practice...now imagine you are in a competition and about to perform the plan, you're feeling a bit nervous and your hands might be a little bit sweaty as you are anxious to do well...see yourself take a deep breath, focus on what you need to

do, and execute the plan just as in training...your plan has made a difference to the competition and you celebrate your accomplishment.

4. See yourself in a competitive situation in your sport where you need to decide what strategy of play/game plan/race plan/routine would work best... you run through a few scenarios in your head, going through different options and seeing the most likely outcomes...you confidently select the best option and then carry it out successfully.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.



APPENDIX D

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

1. Take a moment to imagine an outcome goal that you really want to achieve, for example winning a gold medal or breaking a record.....Now imagine what you will have to do to get there.....Picture yourself working hard during a training session.....Picture yourself improving with practice.....See yourself having great performances.....Now see yourself achieve your goal.
2. Imagine yourself during a training session.....you are really being pushed today and are having a hard time working through it, you want to give up and rest.....Now see yourself work through the difficulty and pain you are feeling.....With every repetition you perform you imagine yourself getting closer and closer to a gold medal.....With every repetition you perform you imagine out performing all of your opponents and winning a gold medal.....As you are going through your workout you realize how pumped you are now.
3. Imagine yourself at your training venue.....You are working with your coach on a particular skill or technique that needs to be improved, you know that making this change will be difficult but will help you reach your performance goals.....See yourself going through the repetitions while making corrections.....At the end of the training session you feel satisfied in the effort you put in and the result of the improvements.

4. Imagine yourself at a championship competition in your sport.....There are only a few seconds left and you realize you are about to win.....You feel your heart beat faster and butterflies in your stomach as the anticipation builds.....Then finally it is over and you have won.....Picture how you will react to knowing you have won.....Experience the emotions you are feeling.....Experience the sights and sounds around you.
5. Picture yourself at a championship competition in your sport.....See yourself standing in your uniform about to receive your medal.....Allow yourself to experience the emotions you are feeling.....Imagine yourself looking at the scene around you.....Picture yourself react when your name is announced as the champion.....See yourself bend forward and feel the medal placed around your neck.....Picture and feel the huge smile that is across your face.....Allow yourself to experience all of the thoughts and emotions you are feeling as a champion.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.

APPENDIX E

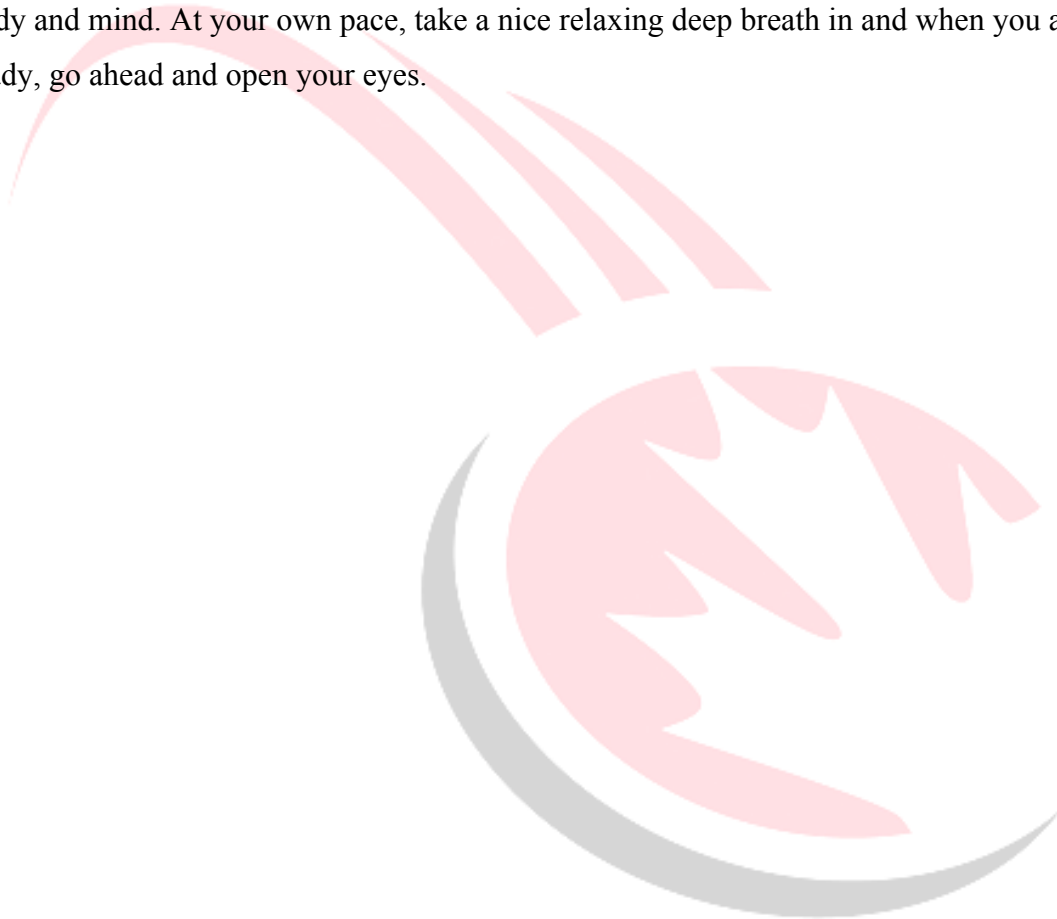
Session 1

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

1. Recall a previous competition where you were in a difficult situation and performed poorly as a result.....Imagine yourself back in this situation, picture the competition venue you were at and the skill or play you needed to make.....Experience the emotions you felt.....Now clear your mind and picture yourself back in this difficult situation.....See yourself remaining confident and in control.....See yourself respond positively and have a great performance.
2. Imagine yourself feeling really great, performing really well during an important competition in your sport.....However, you lose focus and begin to think ahead, becoming careless making a number of silly mistakes.....You begin to feel tense and in a panic to turn it around.....Imagine yourself refocusing and remaining confident.....You refocus on your process and fully commit to each skill or play you make.....Now see yourself at the competition totally focused, having a great performance.

3. See yourself at an important competition, performing very well.....As the competition progresses, you are in a great position to win..... As you are performing, your movements are flowing, you feel totally focused and in your zone.....Being in control during this situation increases your confidence.....Picture yourself being self-confident, having great posture, your head held high, excited to be competing.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.



Session 2

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

4. Picture a situation at an important competition where you are competing against the top athlete in your sport You are feeling intimidated and anxious, you feel like you have to prove yourself..... See yourself remaining in control and confident during this situation..... Remember you are a very good athlete and are capable of being successful..... See yourself focus on competing for yourself, not anyone else..... Now see yourself during the competition performing well, not caring what anyone else thinks.
5. Picture a situation where you are feeling pressure to play well and are worried about what others will think if you don't play well..... See yourself remaining in control and confident during this situation..... You focus on having a great performance and competing for yourself, not anyone else See yourself at the competition making all the right moves and feel great.
6. Imagine a situation where you have given 100% effort during a competition, for example you really had to grind to get through the day..... You had to work harder than usual..... At the end of the competition you realize you are physically exhausted..... You feel satisfied that you put in your best effort.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.

Session 3

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

7. Take a moment to think of a very bad break in your sport. For example a referee making a bad call against you, making a mistake while performing a skill, or anything that may have rattled you in the past.....Now picture a situation where you are performing exceptionally well.....You are feeling great.....Then all of a sudden you catch a very bad break.....See yourself remain calm and in control during this difficult situation.....You refocus on your process and remind yourself you are a great athlete and can handle this situation.....Now see yourself responding effectively and performing expertly again.
8. Imagine you are performing a drill during practice in your sport that is very difficult.....Notice your frustration as you attempt to do the drill properly.....Now imagine yourself starting to complete the drill successfully.....Notice your satisfaction as you see and feel yourself performing the entire drill correctly.
9. Imagine yourself at an important competition.....Your opponents have been successful in the past and you will need to be “on” to beat them.....As you look around the competition venue you see others that you have competed against in the past when you were successful.....As you remind yourself that you deserve to be in the competition you feel your back straighten and your head being held high as you regain your confidence in yourself.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.



APPENDIX F

Session 1

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

1. Imagine yourself getting ready to begin an important competition.....You have just finished your warm-up and now are sitting down listening to music during the final few minutes before the competition begins.....As you are sitting, you notice feeling some “butterflies in your stomach”You notice your hands are a bit cold.....Your heart is beating a little quickly.....You know these feelings mean that you are a little bit excited, this is a good thing, and you are ready to compete.
2. Imagine yourself at an important competition.....During a break in play you notice how loose and relaxed you feel.....Your breathing is deep and rhythmical.....Mentally you feel at ease and are focused only on what you have to do.....See yourself getting a drink of water, as you put your bottle down you notice you are feeling relaxed and ready to go.
3. Imagine yourself at an important competition.....You feel very fatigued physically and mentally.....but you can imagine yourself overcoming these feelings and giving your full effort.....Your muscles feel heavy and tired.....but you feel yourself starting to become more energized.....See yourself pick up the pace and perform with extra effort.....Notice how your mood lifts and you observe more of your surroundings.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.

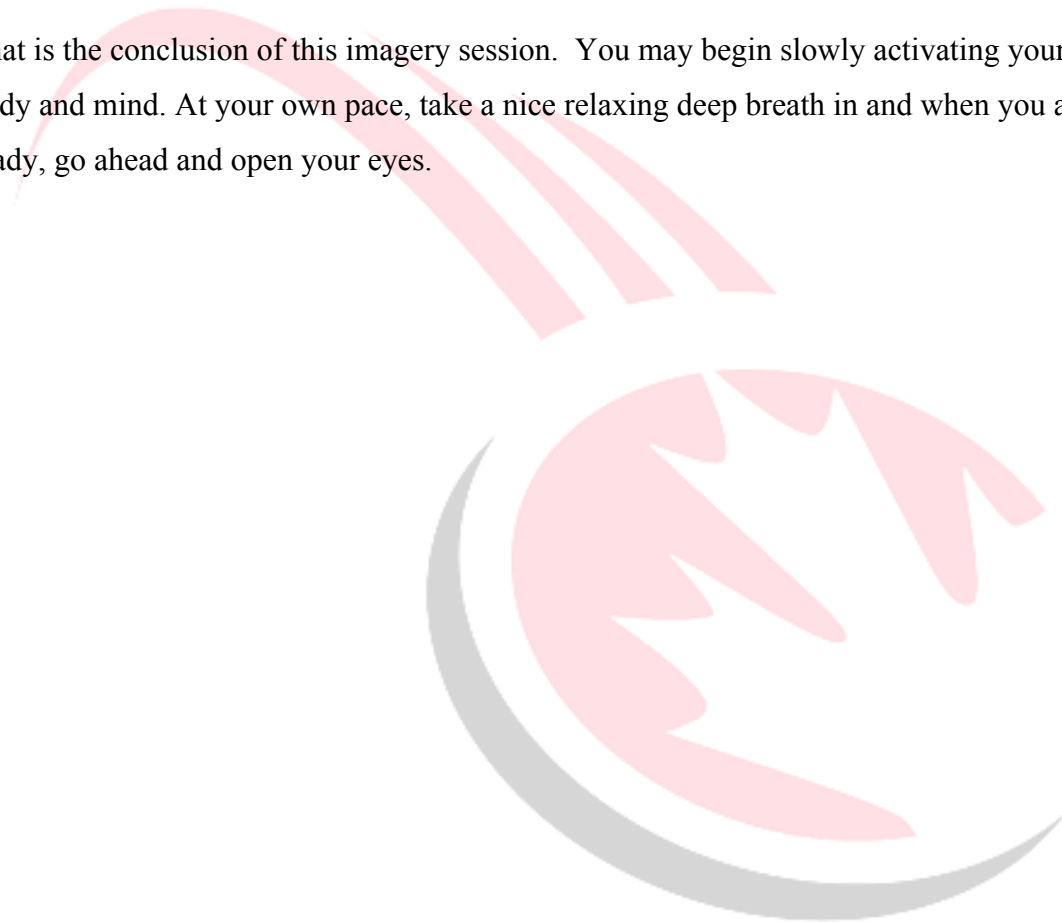
Session 2

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

4. Imagine yourself at an important competition During a break you notice you are feeling slow, tired and groggy.....You aren't really feeling into the competition.....Now see yourself beginning to energize.....You challenge yourself to compete hard.....You start to feel your heart start beating faster.....You tell yourself to get going, to wake up, you have the ability to win this competition so get out there and make it happen.....You are now feeling pumped, ready to compete at an optimal level.
5. Imagine yourself at a very important competition.....You feel as though your activation is at an optimal level.....Now notice and feel how you are breathing.....Notice how your muscles feel.....You are feeling a sense of excitement and anticipation within yourself, yet feel calm and in control.....Now see yourself during the competition having a great performance.

6. Imagine yourself at an important competition.....During the warm-up you are feeling concerned that you will not have a very good performance today.....You feel tense in your stomach and muscles, your heart is beating faster.....Now see yourself remain calm and in control.....You remind yourself that you have trained hard and are capable of having a great performance.....As you remind yourself you can feel your muscles and stomach relax.....You can feel your heart slow down.....Now picture yourself starting the competition feeling excited and ready to go.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.



Session 3

Find a comfortable position: standing, sitting or lying down. You are about to go through a guided imagery script. You will be led through each scenario one at a time. As you are listening, imagine yourself in each situation and fully experience the emotions created. If you feel there is not enough time to imagine each part of the scenario, feel free to pause your listening device, fully picture the scene and then press play to resume listening. To start, close your eyes. Relax by taking a few deep breaths in; feeling the tension release from your body as you relax.

7. Imagine yourself at an important competition You have just started the competition and you make a silly mistake.....You feel very angry and upset, your body tenses and you begin to worry about what will happen next.....Now see yourself remain calm and in control.....See yourself flex then shake your muscles to relax and calm down.....You take several deep breaths in and feel much better.....You remind yourself that you are a great athlete and can do it.....Now see yourself refocus and have an awesome performance.
8. Recall a situation in the past where you were having an excellent performance.....What was the competition venue like.....Notice your opponents or other athletes you were competing against.....Now picture yourself having an expert performance.....Now notice how you are breathing, how your muscles feel and how good you feel.
9. Recall a previous situation where you were feeling very tired, slow and not in to the competition and then didn't do very well.....Imagine yourself back in this

situation, picture the venue you were at, your opponents or other athletes you were competing against.....Experience the emotions you felt.....Now clear your mind and picture yourself back in this difficult situation.....See yourself remaining calm and in control.....see yourself energizing and getting pumped up.....You challenge yourself to have a great performance.....You listen to some exciting music and feel your pulse quicken, you are now feeling excited.....Now see yourself having an awesome performance and having fun.

10. Recall a previous situation where you were feeling very nervous and then didn't play very well.....Imagine yourself back in this situation; picture the venue you were at, your opponents or other athletes you were competing against.....Experience the emotions you felt.....Now clear your mind and picture yourself back in this difficult situation.....See yourself remaining calm and in control.....See yourself relaxing before the competition, taking a few relaxing deep breaths in and remind yourself, you can do this.....You are now feeling calmNow see yourself having an awesome performance and having fun.

That is the conclusion of this imagery session. You may begin slowly activating your body and mind. At your own pace, take a nice relaxing deep breath in and when you are ready, go ahead and open your eyes.

APPENDIX G

Imagery Training Logbook

Date: _____

What time did you practice your imagery script?

Where were you when you practiced your imagery script?

	Not At All	Somewhat	Moderately So	Very Much So
1. Rate how well you saw yourself in these situations.	1	2	3	4
2. Rate how well you heard the sounds in these situations.	1	2	3	4
3. Rate how well you “felt” making the movements.	1	2	3	4
4. Rate how well you felt the emotions in the situations.	1	2	3	4
5. Did you image from inside your body? If so, rate how well you were able to see the image from inside your body.	1	2	3	4
6. Did you image from outside your body? If so, rate how well you were able to see the image from outside your body.	1	2	3	4
7. Rate how well you controlled the image.	1	2	3	4