

Steps for Developing the Most Effective Creative Imagery

Step 1

Write down or repeat out loud your image of an upcoming stressful situation or event, phrasing it in the present tense.

Step 2

Take a deep, relaxing breath. You are more receptive to ideas when you're relaxed. Create a picture in detail. Your mental pictures should be as much like the actual experience as possible. Pay attention to sights, sounds, smells, tastes, touches, and other details in the scene.

Step 3

Imagine the desired results actually happening. Imagine it in the present tense using phrases like "I am." Do not use terms like "I hope" or "I'll try to."

Step 4

Create positive emotions like pride, joy, relaxation, or happiness in your scene. Smile while you're still imagining it.

Step 5

Devote five minutes to this image at least twice a day. Try it first thing in the morning prior to getting out of bed and again in the evening just before dozing off to sleep. Let all your body tension escape. Imagine yourself being very calm and relaxed.

An Example of Creative Imagination

Steps for Creative Imagination	Example of Each Step
1. Write the desired image in the present tense.	I am meeting with my new supervisor.
2. Use all the senses: SIGHT	I see the office. As I speak, the supervisor looks pleased.
TASTE	I can taste a sip of water to clear my throat.

Steps for Creative Imagination	Example of Each Step
SMELL	I smell coffee brewing.
TOUCH	I feel the clipboard I am holding as I begin to speak.
SOUND	I hear the sound of telephones in the background.
3. Picture the desired results.	I can see I am making a positive impression. Heads nod. People smile. I make a joke. We shake hands.
4. Create positive emotions that compliment your success. Allow yourself to feel these emotions fully.	I feel completely relaxed and satisfied.

Sample Exercise

Select two situations you would like to experience in a relaxed manner. Use the five steps for developing creative imagination. Practice several times before that event occurs.

Creative Image #1

1. Desired image: _____

2. Use all senses: _____

3. Picture results: _____

4. Create positive emotions: _____

5. Practice technique twice a day: _____

Creative Image #2

1. Desired image: _____

2. Use all senses: _____

3. Picture results: _____

4. Create positive emotions: _____

5. Practice technique twice a day: _____
