

CREATING AN IMAGERY SCRIPT

An imagery script is a story, written in the present tense, that describes your perfect scenario or desired outcome in a specific situation. For example, if you are using mental imagery to build your confidence for your rugby performance, you might write a short paragraph describing yourself feeling utterly confident during the warm up to a big match.

You can use an imagery script to help you rehearse the scenario in your mind. You can turn the script into a guided imagery tool by recording yourself reading it out loud. You can then listen to the script while letting your mind form the images.



TIPS FOR WRITING AND RECORDING IMAGERY SCRIPTS



Only include positive outcomes.



Write the script in the present tense.



Write the script from the first person perspective (I) or the second person perspective (you) – whichever is more comfortable.



Make the script as detailed and vivid as possible. Try to incorporate every sense in the image (what you see, hear, feel, smell and taste).



Include statements about how you are feeling physically (calm, nerves, adrenaline) and emotionally (satisfaction, anticipation, confidence).



Record the script onto an audio device that is easily accessible such as a Smartphone.



Try to put as much conviction into your voice as possible when recording it- you are trying to programme your mind for positive outcomes so it needs to be believable.



Keep a slow pace when you are reading the script because you need to allow time for the images to form in your mind.



HOW TO USE AN IMAGERY SCRIPT

- ⚙️ Listen to your personalised imagery script 3-4 times per week for about 10 minutes.
- ⚙️ Find a quiet place where you won't be disturbed.
- ⚙️ Take a few deep breaths to calm yourself before beginning the imagery session.
- ⚙️ Try to make the images that form in your mind and the feelings of being confident as vivid as possible.
- ⚙️ Your mental imagery skills will get better with practice. If you find it hard to form the images at first, keep practising!



QUESTIONS TO HELP YOU CREATE THE IMAGERY SCRIPT

- What life area or situation would you like to be more confident in?
- What thoughts might you have if you were feeling really confident in this situation?
- How might you be feeling physically (e.g. calm, relaxed)?
- How might you be feeling emotionally (e.g. confident, focused, determined, happy)?
- What might you be doing?
- How might you be interacting with other people?
- What would your body language be like?
- What other sights, smells, sounds, tastes might you experience in this scenario?