IMAGERY

IMAGERY BASICS:
1. **Vivid** - recreate as closely as possible the actual experience in your mind as an image → use all 5 senses: sight, sound, feel, taste, hear
2. **Control** - learn to manipulate your images so they do what you want them to do

How to Use Imagery:
1. **Use all your senses**
   - See in vivid color
   - Hear the sounds during competition
   - Smell the environment or what is around you
   - Feel your body move and the contact with the equipment

2. **Develop control of your imagery and visualize positive outcomes**

3. **Use internal and external imagery**
   - Internal: see what you would see if you were looking OUT of your eyes
   - External: see as if you were watching yourself on a video monitor

4. **Practice imagery regularly**
   - Practice makes permanent!

5. **Practice imagery in a relaxed state**
   - When you are first learning, practice imagery relaxed
   - When you get better at it, practice in a more realistic environment like training

6. **Develop coping strategies through imagery**
   - In your mind, practice dealing positively with the unexpected before it happens

7. **Use cues or triggers to help your imagery rehearsal**
   - You can use cue words or other reminders when you are using imagery

8. **Practice kinesthetic imagery**
   - Kinesthetic means actually feeling the movements when you are using imagery

9. **Image in “real time”**
   - Take the same amount of time to do imagery as it takes to do the skill you are imaging.
   - The only exception is if you are having difficulty seeing your desired outcome in your image. Then you can try imaging in “super slow mo” or see the image frame-by-frame until everything looks right. Then you can speed it up again.

10. **Use imagery logs**
    - Track how often you use imagery, how long at a time, how well you saw the desired image.

From: Karen Cogan, Ph.D., USOC Sport Psychology, karen.cogan@usoc.org, 719-352-6764