The aim of this test is to determine the vividness of your imagery. The items of the test will bring certain images to your mind. Please use the following scale to rate how vivid each image is.

Scale 1 = Perfectly clear and as vivid as the actual experience

2 = Very clear and comparable in vividness to the actual experience

3 = Moderately clear and vivid

4 = Not clear and vivid, but recognizable

5 = Vague and dim

6 = So vague and dim as to be hardly discernible

7 = No image present at all, you only "know" that you are thinking of the object

Think of some relative or friend whom you frequently see, carefully considering the visual image that comes to your imagination. Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| The exact contour of face, head, shoulders and body |  |  |  |  |  |  |  |
| Characteristic poses of head, body, etc. |  |  |  |  |  |  |  |
| The precise gait, length of step, etc. in walking |  |  |  |  |  |  |  |
| The different colors worn in some of their usual clothes |  |  |  |  |  |  |  |

Think of the following image, carefully considering the visual image that comes to your imagination. Rate how vividly you can imagine the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| The sun as it is sinking below the horizon |  |  |  |  |  |  |  |

Think of each of the following sounds, carefully considering the auditory image that comes to your imagination. Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| The whistle of a locomotive |  |  |  |  |  |  |  |
| The horn of an automobile |  |  |  |  |  |  |  |
| The meowing of a cat |  |  |  |  |  |  |  |
| The sound of escaping steam |  |  |  |  |  |  |  |
| The clapping of hands in applause |  |  |  |  |  |  |  |

Think of "feeling" or touching each of the following, carefully considering the tactile image that is in your mind. Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| Sand |  |  |  |  |  |  |  |
| Linen |  |  |  |  |  |  |  |
| Fur |  |  |  |  |  |  |  |
| The prick of a pin |  |  |  |  |  |  |  |
| The warmth of a tepid bath |  |  |  |  |  |  |  |

Think of performing each of the following acts, carefully considering the image that forms in your mind, in your arms, legs, lips, etc.    Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| Running upstairs |  |  |  |  |  |  |  |
| Jumping across a stream |  |  |  |  |  |  |  |
| Drawing a circle on paper |  |  |  |  |  |  |  |
| Reaching up to a high shelf |  |  |  |  |  |  |  |
| Kicking something out of your way |  |  |  |  |  |  |  |

Think of tasting each of the following, carefully considering the gustatory image that is produced. Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| Salt |  |  |  |  |  |  |  |
| Granulated (white) sugar |  |  |  |  |  |  |  |
| Oranges |  |  |  |  |  |  |  |
| Jelly |  |  |  |  |  |  |  |
| Your favorite soup |  |  |  |  |  |  |  |

Think of smelling each of the following, carefully considering the olfactory image that is produced.  Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| A badly ventilated room |  |  |  |  |  |  |  |
| Cooking cabbage |  |  |  |  |  |  |  |
| Roasting beef |  |  |  |  |  |  |  |
| Fresh paint |  |  |  |  |  |  |  |
| New leather |  |  |  |  |  |  |  |

Think of each of the following sensations, carefully considering the image that comes to your mind. Rate how vividly you can imagine each of the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Perfectly Clear (1) | Very Clear (2) | Moderately Clear (3) | Not Clear, But Recognizable (4) | Vague and Dim (5) | Very Vague and Dim (6) | No Image (7) |
| Fatigue |  |  |  |  |  |  |  |
| Hunger |  |  |  |  |  |  |  |
| A sore throat |  |  |  |  |  |  |  |
| Drowsiness |  |  |  |  |  |  |  |
| Feeling sick after eating a lot |  |  |  |  |  |  |  |