

post-imagery questionnaire

name: _____

date & time: _____

please record how deeply you were involved in today's imagery:

1.) on average how vivid was the imagery you experienced today?

0 1 2 3 4 5 6 7 8 9 10
not at all extremely

2.) on average how much was there a sense of "it's happening now" about today's imagery?

0 1 2 3 4 5 6 7 8 9 10
not at all extremely

3.) at maximum, how strongly were you distressed by today's imagery?

0 1 2 3 4 5 6 7 8 9 10
not at all extremely

4.) at the stage of maximum distress, how much did you stay emotionally involved with the imagery, rather than numbing, blocking or dissociating?

0 1 2 3 4 5 6 7 8 9 10
not at all extremely

5.) what were the major emotional "hotspots" in today's imagery?

6.) what were the main emotions/feelings you experienced at these hotspots?

7.) what were the main "meanings" that were associated with these hotspots?

8.) were there any aspects of the imagery that surprised you today? were there any changes from previous times that you have been through these memories? are there any other comments you'd like to make?
