INSTRUCTIONS: Please circle the ONE response choice that best reflects your actual experience for each situation described. Depending upon the situation, the response choices are: NONE (you did not experience any image); HAZY or FAINT (the image you experienced was distinguishable but not sharp and detailed); VIVID or DISTINCTIVE (the image you experienced was sharp and detailed); LIFELIKE (the image you experienced was so vivid and distinctive that it appeared real to you). Remember, circle only ONE response for each number. Since we are interested in YOUR experiences, there can not be any right or wrong answers, so don’t spend a lot of time on individual items.

FOR THE FIRST PROCESS YOU WERE ASKED TO:

1. Take yourself to a beautiful place where you have been before. Please indicate how clear an image you had of that special place.
   - None    Hazy    Clear    Vivid    Lifelike

2. Imagine yourself as being in your special place. Please indicate how distinctive a feeling you had of actually being there.
   - None    Faint    Clear    Distinctive    Lifelike

3. Experience feeling happy and joyful. Please indicate how distinctive a feeling you had of happiness and/or joyfulness.
   - None    Faint    Clear    Distinctive    Lifelike

4. Experience feeling calm, composed and relaxed. Please indicate how distinctive a feeling you had of calmness, composure and/or relaxation.
   - None    Faint    Clear    Distinctive    Lifelike

5. See your face as being happy or joyful and, at another time, as being calm or relaxed. Please indicate how clear an image you had of your face expressing the one feeling it expressed best.
   - None    Hazy    Clear    Vivid    Lifelike

6. See yourself – not just your face – as you move about and experience your special place through your senses. Please indicate how clear an image you had of yourself while at your special place.
   - None    Hazy    Clear    Vivid    Lifelike

7. Feel a little sad when asked to leave your special place. Please indicate how distinctive a feeling you had of sadness.
   - None    Faint    Clear    Distinctive    Lifelike

FOR THE SECOND PROCESS YOU WERE ASKED TO:

8. See objects. Consider the roses, or exotic looking flowers, or the garden gate or archway, or old stone walkway, or wooden bridge, or the fruit or pine trees, or the apple or pear. Please indicate how clear an image you had of the one thing you saw best.
   - None    Hazy    Clear    Vivid    Lifelike

9. See colors. Consider the colors of the grass, or roses or exotic looking flowers, or the apple or pear. Please indicate how clear an image you had of the one color you saw best.
   - None    Hazy    Clear    Distinctive    Lifelike

10. Experience smelling something. Consider the odors of the fresh air, or newly cut grass, or roses or pine trees. Please indicate how distinctive an experience you had with the one odor you smelled best.
    - None    Faint    Clear    Distinctive    Lifelike

11. Experience tasting something. Consider the taste of the apple or pear. Please indicate how distinctive an experience you had with the one thing you tasted best.
    - None    Faint    Clear    Distinctive    Lifelike

12. Experience ecstasy as you tasted the sweet nectar of the pear. Please indicate how distinctive a feeling you had of ecstasy.
    - None    Faint    Clear    Distinctive    Lifelike
13. Experience hearing sounds. Consider the hollow sounds made by your footsteps on the wooden bridge, or on the gurgling or splashing of the water in the stream, or the chirping or songs of the birds, or the sharp crunch of the apple as you bite into it. Please indicate how distinctive an experience you had with the one sound you heard best.

14. Experience touching things. Consider the velvety texture of the rose petals, or the firm smoothness of the apple, or the softness of the pear. Please indicate how distinctive an experience you had with the touch you experienced best.

15. Experience bodily changes. Consider those brought about by the warmth of the sun, or the coolness of the shade, or the humidity by the water. Please indicate how distinctive an experience you had with the one bodily change you experienced best.

FOR THE THIRD PROCESS YOU WERE ASKED TO:

16. Experience yourself as establishing or having goals you would like to achieve. Please indicate how distinctive your feeling of establishing or having goals was.

17. Experience yourself as successful. Please indicate how distinctive your feeling of meeting with success was.

18. Experience yourself as being recognized and/or acknowledged by others for meeting with success. Please indicate how distinctive your feeling of being recognized and/or acknowledged was.

19. See the happiness showing on the faces of the important people in your life as you were being acknowledged. Please indicate how clear an image you had of seeing the happiness on their faces.

20. Experience yourself as being powerful (in any way you define power). Please indicate how distinctive your feeling of being powerful was.

21. Experience yourself as being free (in any way you define freedom). Please indicate how distinctive your feeling of being free was.

22. Experience giving love or being loved. Please indicate how distinctive your feeling of love was.

FOR THE FIRST PROCESS YOU WERE ASKED TO:

23. Imagine yourself in a theater watching a motion picture with your favorite actor or actress on the screen. Please indicate how clear an image you had of the one person on the screen you saw best.

24. Imagine yourself placing a piece of string in a pool of water and notice how it floats and relaxes. Please indicate how distinctive a feeling of relaxation you had.

25. Imagine the tension in a stretched rubber band and then the gradual reduction of tension in the rubber band as you brought your fingers together. Please indicate how distinctive an experience of tension followed by relaxation you had.