

Student-Athlete Name: _____ Date: _____

Sport Imagery Questionnaire

This questionnaire, developed by Rainier Martens, PhD, author and pioneer in sport psychology, was designed to help you pinpoint how you experience imagery. Follow the instructions and then add your final score at the end to determine if you more intensely experience the sights, sounds, feelings, or moods of an image. This knowledge will help you individualize your mental training program. You'll learn to concentrate on those areas you experience the most vividly as you work on controlling or altering your mental images.

Read the questions below and rate each one using the following scale:

- 1 = no image present
- 2 = not clear or vivid, but a recognizable image
- 3 = moderately clear and vivid
- 4 = clear and vivid
- 5 = extremely clear and vivid

1. Practicing Alone

Pick one skill in your sport and imagine yourself doing this wherever you normally practice—but with no one else there. Close your eyes for a minute; try to see yourself, hear the sounds, feel your body perform the movement, and be aware of your state of mind.

- a. _____ How well did you see yourself doing the activity?
- b. _____ How well did you hear the sounds of doing the activity?
- c. _____ How well did you feel yourself making the movements?
- d. _____ How aware were you of your mood?

2. Practicing with Others

You're doing the same thing, but practicing with the coach and your teammates present. This time you make a mistake that everyone notices. Close your eyes for a minute and imagine making the error and the situation afterward.

- a. _____ How well did you see yourself in this situation?
- b. _____ How well did you hear the sounds?
- c. _____ How well did you feel yourself making the movements?
- d. _____ How well did you feel the emotions of the situation?



3. Watching a Teammate

Think of a teammate making a mistake in a critical part of a game or competition, such as missing a goal or falling.

- a. _____ How well did you see your teammate?
- b. _____ How well did you hear the sounds?
- c. _____ How well did you feel your own physical presence or movement?
- d. _____ How well did you feel the emotions of the situation?

4. Competing

Imagine yourself performing the same or similar activity in a game or competition, but imagine yourself doing it skillfully with the spectators and teammates showing their appreciation. Close your eyes for about a minute and imagine this situation as clearly as possible.

- a. _____ How well did you see yourself in this situation?
- b. _____ How well did you hear the sounds in this situation?
- c. _____ How well did you feel yourself making the movements?
- d. _____ How well did you feel the emotions of the situation?

Scoring

Add up your total score for each a answer, b answer, and so on. Then add all four figures for a total score.

- a. Visual (what you saw) _____
- b. Auditory (what you heard) _____
- c. Kinesthetic (what you felt) _____
- d. Mood (how you felt) _____
- Total** _____

