



Imagery Training Session – Workshop #1

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What is Imagery?

Imagery Exercise Reflections:

Environment:

Perspective:

6 Senses:

Relaxation/Tension:

Tempo:

Sound/Tone:

Overcoming Obstacles/Creating Success:

Other:



PLAYING OFFENSE: AFFIRMATIONS

TALK TO YOURSELF ABOUT WHAT YOU WANT AS IF YOU ALREADY HAVE IT

EFFECTIVE AFFIRMATIONS

I AM A
TALENTED &
DEDICATED
CADET

I ENJOY THE
CHALLENGES AND
DEMANDS I TAKE ON

MY PACE & TEMPO
ARE FAST &
UNMATCHED

I TRUST MY
TRAINING IN
THE MOMENT

- ✓ FIRST PERSON
- ✓ PRESENT TENSE
- ✓ POSITIVE/AFFIRMATIVE
- ✓ POWERFUL & VIVID
- ✓ PERSONALLY MEANINGFUL

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Imagery Script Sample 1:

The time is now and the place is here...this is where my Army career starts...I've paid my dues along the way and earned the right to be here...What's important now is to be excited and to keep the fire blazing.... I can be excited because I know how good I am and how far I've come, and I'm keeping the fire blazing because I haven't gotten there yet...I realize that it's different being an Army officer, that I'll be making tough situations I have not encountered yet...that people are looking up to me more than ever before...no big deal, though, it just means I have to be a little tougher mentally...and that my attitude and the way I use my mind is the most important part of my success.....

From here on in whenever I think about being an Army officer, I think about leading confidently... grinding...loving the profession... I accept that the best officers make mistakes, but they do not let it bother them... they know that making mistakes will not prevent them from being great...it is overreacting to mistakes that causes a problem...

From here on in I refuse to step in front of my soldiers without totally and completely being in charge and giving it my all... If any doubt or hesitancy occurs as I prepare, I stop, and commit myself to excellence right now...

From here on in I accept that it is easier to lead by taking pressure off than putting pressure on... I prepare like hell... I understand things happen that I cannot control, but believe with my relentless effort, great results will happen. When called upon I just think "I will lead with excellence now" and let nothing stop me from this conviction...

From here on in I commit to stay away from anyone, including the so-called friends, who display negative energy, who talk about how bad things are, always complaining, and never look for the bright spot...my attitude is to enjoy being a leader and to embrace the grind and the challenge of being an top notch officer.

From here on in I commit to building and protecting my confidence daily...I know that I determine my confidence by how I think, how I feel, and how I act... That means I deliberately focus my mind on the thoughts and memories that create energy, optimism and enthusiasm... I constantly focus on my strengths – my organization... my anticipation... my care for others... my physical fitness... my tenacity...my competitive nature... my work ethic... and my unbeatable attitude...I succeed because I use my mind better than any opponent...

From here on in I commit to opening it up every time I put on the uniform and fear no challenge but respect every obstacle.... whenever I do that I am unbeatable, and since I control my own mind, I can do it any time I like...

As I look honestly at myself, I think of so many things that I do well...so many ways I can lead confidently

Like...

1. When I absolutely crushed my half-marathon after months of intense training.
2. When I was selected best cadet in my company during CFT
3. The personal satisfaction I have from being the best.
4. The unbridled excitement I had after winning the championship against Navy.
5. When I worked with my roommate to help him pass his APFT re-test.
6. When I was in charge of the staff for CLDT that ran the best and most efficient training under the most complicated of circumstances.
7. How I love making others around me better.
8. When I was selected as XO over everyone else in my company.
9. How I work harder than anyone around me.
10. When I feel I'm making a positive difference when I'm in charge.
11. When I take responsibility and do the best job.
12. Loving life, setting the positive example, and being a great influence for those around me.

5. Purposeful and organized
6. Gritty
7. Unbreakable
8. Focused on my soldiers

I use all these images to help me lead at the peak of my ability...and that means as an officer, I will be at the top of my game, grinding, loving the battle, and enjoying life every day...

I am...

1. Confident
2. The leader
3. A bulldog
4. Full of energy

This is where I choose to be, this is what I love...the challenge of leading the best in the world.... the rush I only get from being the guy...and if I really love it, that means I have to love it all, not just when things are going my way... Sometimes it will seem too hard ...Whenever it gets tough, I just remind myself that I love it, I was meant for this, and that I am a



Imagery Script Sample 2:

Pitching Imagery

Continue to breathe deeply and relax as you follow my voice through this guided mental rehearsal session... Evaluate your surroundings as a spectator, not critically, but accepting of your environment. Accept your residence within this moment in time... Know that this place is exactly where you need to be for this mental exercise... This imagery script will take your mind to that place where you are the most confident, competitive, and commanding pitcher... As you hear each phrase, create that scene in your mind, seeing and feeling everything just as if you were in that moment... see the bullpen and the surroundings, feel your feet in your cleats and your glove on your hand ... Understand that each time you use this audio track, you improve your technique and repave the neuron firings involved in your delivery.

Imagine you're in the bullpen on a warm, spring day. The field is empty. The stands are barren... It's just you and the catcher... You feel the light crunch of the clay surface as your spikes sink beneath your feet. You feel the air on your skin and the sun on your face. Imagine the feeling of your glove; the soft sheep wool on the back of your hand, the air on your index finger extending out of the glove, and the deep pocket your hand forms inside the glove... You scrape the top of the rubber with your spikes and take a moment to reflect on your opportunity to continue playing the game you love... As you toe the rubber, you find that sweet spot. You feel the earth beneath your feet, as you charge your batteries in your power

to hold the ball throughout your delivery, but loose enough to allow your body to throw the pitch with freedom. As you have found the perfect grip on the ball, you feel at ease. Your body is in the best possible position and your grip is exactly where it needs to be. Now, you take care of your head. Your surroundings refine even more. Whereas before you noticed everything about the catcher—the beads of sweat rolling down his forehead and arms, the scratches on his shin guards and the positioning of his body—your focus is now on his glove. Even the details about his glove begin to fade away, as you become fixated on that dark spot on the palm of the glove. You think, "Aim small, miss small." You know that in order to put the ball in the coffee can, everything needs to work just right. Even the smallest of errors can send the ball hurtling in the wrong direction, but you trust yourself. You trust the process. You have put in the work, and your body has formed a clear neural pathway to put the ball exactly where you want to be, every time.

You inhale sharply, and slowly release the air from your lungs engaging your core and diaphragm, becoming even more proprioceptive. You take a step back to begin your wind-up. Your right foot pivots into position just in front of the rubber. You raise your arms raise over your head and maintain a stable, but loose posture... As you step forward over your right foot, your back foot leaves the ground and your body begins to square up, facing third base. As your left leg begins to rise, your arms begin moving down toward your chest. You drive from the inside of your right foot, just between the

position, right where your body needs to be to deliver maximum accuracy, precision, and velocity... As you have found the back three spikes on your heels resting in that sweet spot, you take your first look up at the catcher...

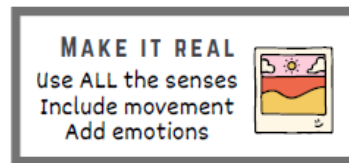
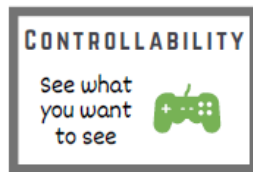
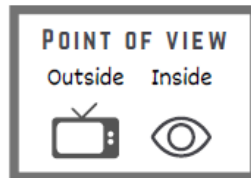
At first you see everything. The helicopter flying overhead for parachute practice. You notice the people walking behind the stadium and in the parking lot, and the tall flag off in the distance, resting just above the top of the stadium. You hear the light hum of everyday life happening right around you... As you start to hone in on your immediate environment, the outside clamor begins to drone out. The surrounding conversations fade off into the distance, and the sound of the helicopter blades cutting through the air evaporates. Everything around you becomes still. Intense, and still. You see the catcher set up just behind home plate. Sixty feet, six inches, exactly... As you communicate your pitch selection with the catcher, you start to find the perfect grip on the ball. You feel the tight but soft leather in your fingers. You find the sweet spot where your fingers rest along the seams of the ball. You know that by using the seams in different ways, you can alter the pressure pockets around the ball as it moves through space...maintaining velocity...slowly or sharply changing directions.

You reach for your fastball grip. Your best pitch. You can put it in a coffee can. You feel the alternating seams beneath the center of your middle finger, and just a little bit higher on your index finger. You place your thumb directly beneath the ball, and find the perfect spot to support the ball, ever so slightly favoring your index finger side. Your grip is tight enough

area where the leg attaches to the foot and your arch. You think about taking your back hip to and through the catcher, as your body begins to drive toward the plate. Just at the right moment, your hands begin to separate as your delivery develops. Your throwing arm takes a perfect, clean path out of the glove back to the ready position. As this is happening, your front foot has been traveling forward toward the plate, remaining closed and staying "in it." You think of your body as a powerful rubber band, strong and elastic, and ready to whip the ball to the plate. When your foot finally hits the ground, you find your body in the absolute best spot it could be in. You are now in the power position, your body is a fully cocked rubber band ready to explode to the plate in a controlled, but rapid expanse of motion... You know that everything you have done up to this point in time has prepared your body to do exactly what you want it to do. Your arm whips forward and you focus on throwing the back of the ball through that tiny spot in space. As your arm reaches maximum velocity, you feel all of your body's energy transferring into the ball from your fingers, as the ball begins to roll off your fingertips. As the ball travels away from your control, you feel your arm swing through the rest of your arm slot and you see the ball fly through the air, knowing that it's going exactly where you willed it to. You see the catchers eyes fix to the ball, and watch as his glove sits perfectly still until the force from the ball causes a small cloud of dust to rush from the sides of his glove. He squeezes the ball as it finds its way to the back of the mitt, and you know that you've done it, the perfect pitch.



IMAGERY KEYS





CREATE YOUR IMAGERY SCRIPT

CHOOSE A PERFORMANCE THAT COULD BENEFIT FROM IMAGERY PRACTICE.
THEN CREATE A SCRIPT USING THE FOLLOWING PROMPTS

Situation/Performance

Purpose of imagery

Point of view

Emotion

Arousal level

Speed/Timing

Describe the sights, sounds, smells, tastes, touches, and movements of the skill/performance. Add details, be specific, make it real!

Imagery
practice plan