



Imagery Training Session – Workshop #2

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Guided Imagery

Build the environment...

I feel the tension of the mouthpiece pressed against my lips; cool, firm, steady, providing me the frame within which I can create greatness. My body is still, the air is silent in this moment of opportunity; this split second of pause before the storm. I embrace this moment, I live for it, I thrive in it. I notice the fullness in my lungs, it feels like potential as I hold it still for this one split second...

And then, in flawless synchronization, we fire. The air flows powerfully yet effortlessly from my lungs into my instrument and becomes something more than it ever has been and ever will be again. I hear the sound that I've created, a simultaneous product of years of dedication to my craft and momentary execution, ringing through the auditorium. I feel the tempo of the piece; driven, intentional, deliberate, relentless. In time with my trusted teammates, I hear my notes hitting, one after the next, placed exactly where I want them, one after the next, one after the next. When they waver slightly, I follow up with success. When they hit, I follow up with success. I create success, I remain in control, I build greatness because I am capable.

Reflection:

What components of imagery have worked well for me? How can I leverage this to continually improve my imagery AND physical performance?

What components of imagery would I like to improve? Would improvement here help me improve my performance? If so, how can I take this upon myself to create growth in these areas?

What would I like to build out or add to my imagery script to facilitate better performance?

Are there aspects of my script that are redundant or create suboptimal emotional states that could be trimmed?



Creating Confidence

What emotions are present when I perform my best?

How can I create these emotions through my imagery script?

How can I draw my focus continually back to the present during imagery?

What role does acceptance play in my imagery and my performance?

What can I control in my performance? How do I transition my focus back to this whenever it strays?

Script Building: