During the episode of imagery which perspective did you predominantly view the event from?

☐ My own perspective (first-person)
☐ An outside perspective (third-person)

By placing a mark on the line, indicate how responsible you feel you were personally for the outcome of the scenario.

_________________________________________________________________________________________________

0% Responsible

100% Responsible

How Positive or negative was the scene you imagined?

_________________________________________________________________________________________________

Very Negative

Very Positive

How strong was the feeling that you were acting in the scenario?

_________________________________________________________________________________________________

Not Very Strong

Very Strong

How vivid (clear and life-like) was the scene you imagined?

_________________________________________________________________________________________________

Not Very Vivid

Very Vivid