

Creative Imagination Scale

1. Arm Heaviness

“By letting your thoughts go along with these instructions you can make your hand and arm feel heavy, Please close your eyes and place your left arm straight out in front of you at shoulder height with the palm facing up.”

(Begin timing) “Now imagine that a very heavy dictionary is being placed on the palm of your left hand. Let yourself feel the heaviness. Your thoughts make it feel as if there is a very heavy dictionary on your hand. You create the feeling of heaviness in your hand by thinking of a large heavy dictionary. Now think of a second large heavy dictionary being placed on top of the first heavy dictionary. Feel how heavy your arm begins to feel as you push up on the dictionaries. Push up on the heavy dictionaries as you imagine the weight; notice how your arm feels heavier and heavier. As you push up on them. Now tell yourself that a third big heavy dictionary is being piled on top of the other two heavy dictionaries in your hand and your arm is very, very heavy. Let yourself feel as if there are three heavy dictionaries on the palm of your hand and your arm is getting heavier and heavier and heavier. Feel your arm getting heavier and heavier and heavier, very, very, very heavy, getting heavier and heavier ... very heavy.”

(Approximately 1’20” since the beginning of timing)

“Now tell yourself that your hand and arm feel perfectly normal again and just let your hand and arm come back down and relax.”

2. Hand Levitation

“By directing your thoughts you can make your hand feel as if it is rising easily, without effort. Keep your eyes closed and place your right arm straight out in front of you at shoulder height with the palm facing down.”

(Begin timing.) “Now, picture a garden hose with a strong stream of water pushing against the palm of your right hand, pushing up against the palm of your hand. Think of a strong stream of water pushing your hand up. Let yourself feel the strong stream of water pushing up against the palm of your hand, pushing it up. Feel the force of the water, pushing your hand up. Feel it pushing against the palm of your hand. Tell yourself that the force of the water is very strong, and, as you think about it, let your hand begin to rise. Feel your hand rising as you imagine a strong stream of water pushing it up, and up, and up, higher and higher. Tell yourself that a strong stream of water is pushing your hand up and up, raising your arm and hand higher as the strong stream of water just pushes it up, just rises and pushes and just pushes it up, higher and higher.”

(End of timing: about 1’10”.)

“Now tell yourself its all in your own mind and just let your hand and arm come back down and relax.”



3. Finger Anaesthesia

“By focusing your thinking you can make your fingers feel numb. Please place your left hand in your lap with the palm facing up. Keep your eyes closed so you can focus fully on all the sensations in the fingers of your left hand.”

(Begin timing.) “Now, try to imagine and feel as if a local anaesthetic has just been injected into the side of your left hand next to the little finger so that your little finger will begin to feel like it does when it ‘falls asleep.’ Focus on the little finger. Become aware of every sensation and the slight little changes as you think of the anaesthetic slowly beginning to move into your little finger, just slowly moving in. Notice the slight changes as the little finger begins to get just a little numb and a little dull. The little finger is becoming numb as you think of the anaesthetic moving in slowly.”

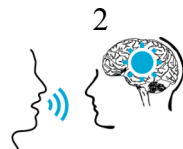
“Now think of the anaesthetic moving into the second finger next to the little finger. Tell yourself that the second finger is getting duller and duller, more and more numb as you think of how the anaesthetic is beginning to take effect.”

“Tell yourself that these two fingers are beginning to feel kind of rubbery and losing feelings and sensations. As you think of the anaesthetic moving in faster, the fingers feel duller and duller ... more and more numb ... dull, numb and insensitive. As you think of the anaesthetic taking effect, the two fingers feel duller and duller ... more and more numb ... dull ... numb ... insensitive.”

“Keep thinking that the two fingers are dull, numb, and insensitive as you touch the two fingers with your thumb. As you touch the two fingers with your thumb notice how they feel duller and duller, more and more numb, more and more insensitive.”

“Keep thinking that the two fingers are dull, numb, and insensitive as you touch the two fingers with your thumb. As you touch the two fingers with your thumb notice how they feel duller and duller, more and more numb, more and more insensitive ... dull, numb, rubbery and insensitive.” (End of timing: about 1’50”)

“Now tell yourself its all in your own mind and you’re going to bring the feeling back; bring the feeling back into the two fingers.”



4. Water “Hallucination”

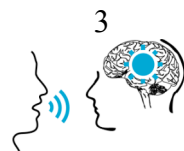
“Keep your eyes closed. By using your imagination constructively you can experience the feeling of drinking cool, refreshing water.”

(Begin timing.) “First, imagine you’ve been out in the hot sun for hours and you’re very, very thirsty and your lips are dry and you’re so thirsty. Now, picture yourself on a mountain where the snow is melting, forming a stream of cool clear water. Imagine yourself dipping a cup into this mountain stream so you can have a cool, refreshing drink of water. As you think of sipping the water tell yourself it’s absolutely delicious as you feel it going down your throat ... cold and beautiful and delicious. Feel the coolness and the beauty of the water as you take a sip. Now, think of taking another sip of water and feel it going over your lips and tongue, going down your throat, down into your stomach. Feel how cool, refreshing, delicious and beautiful it is as you take another sip ... so cool ... cold ... sweet ... beautiful ... delicious and refreshing. Think of taking another sip now and feel the cool water going into your mouth, around your tongue, down your throat and down into your stomach ... so beautiful and cool and wonderful ... absolutely delicious ... absolute pleasure.” (End of timing: about 1’30”.)

5. Olfactory-Gustatory “Hallucination”

“Keep your eyes closed. By using your imagination creatively you can experience the smell and taste of an orange.”

(Begin timing.) “Picture yourself picking up an orange and imagine that you’re peeling it. As you create the image of the orange, feel yourself peeling it and let yourself see and feel the orange skin on the outside and the soft white pulp on the inside of the skin. As you continue peeling the orange, notice how beautiful and luscious it is and let yourself smell it and touch it and feel the juiciness of it. Now think of pulling out one or two of the orange sections with your fingers. Pull out part of the orange and bite into it. Experience how juicy, luscious and flavourful it is as you imagine taking a deep, deep bite. Let yourself smell and taste the orange and notice that it’s absolutely delicious. Let yourself feel how delicious, beautiful, and luscious it is. Just the most beautiful, juicy orange ... absolutely juicy and wonderful. Let yourself taste and smell the juicy orange clearly now as you think of taking another large bite of the delicious, juicy orange.” (End of timing: about 1’30”.)



6. Music “Hallucination”

“Keep your eyes closed”

(Begin timing.) “Now, think back to a time when you heard some wonderful, vibrant music; it could have been anywhere, and by thinking back you can hear it even more exquisitely in your own mind. You make it yourself and you can experience it as intensely as real music. The music can be absolutely powerful ... strong ... exquisite ... vibrating through every pore of your body ... going deep into every pore ... penetrating through every fibre of your being. The most beautiful, complete, exquisite, overwhelming music you ever heard. Listen to it now as you create it in your own mind.” (End of timing: about 45”.)

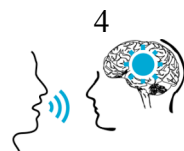
(15 second pause.) “You may stop thinking of the music now.”

7. Temperature “Hallucination”

“Keep your eyes closed and place your hands in your lap with the palms facing down and resting comfortably on your lap. By focusing your thinking you can make your right hand feel hot.”

(Begin timing.) “Picture the sun shining on your right hand and let yourself feel the heat. As you think of the sun shining brightly, let yourself feel the heat increasing. Feel the sun getting hotter and feel the heat penetrating your skin and going deep into your hand. Think of it getting really hot now ... getting very hot. Feel the heat increasing. Think of the sun getting very, very hot as it penetrates into your hand ... getting very hot. Tell yourself, ‘The rays are increasing ... the heat is increasing ... getting hotter and hotter.’ Feel the heat penetrating through your skin. Feel the heat going deeper into your skin as you think of the rays of the sun increasing and becoming more and more concentrated ... getting hotter and hotter. Feel your hand getting hot from the heat of the sun. It’s a good feeling of heat as it penetrates deep into your hand ... hot, pleasantly hot, penetrating your hand now. It’s a pleasantly hot feeling, pleasantly hot.” (End of timing: about 1’15”.)

“Now tell yourself it’s all in your own mind and make your hand feel perfectly normal again.”



8. Time Distortion

“Keep your eyes closed. By controlling your thinking you can make time seem to slow down.”

(The following is to be read progressively more slowly, with each word drawn out with a long 2-6 second pause between statements.)

(Begin timing.) “Tell yourself that there’s lots of time, lots of time between each second. Time is stretching out and there’s lots of time ... more and more time between each second. Every second is stretching out. There’s lots of time between each second ... lots of time. You do it yourself, you slow time down.” (End of timing: about 1’40”.)

(The following is to be read at a normal rate.) “And now tell yourself that time is speeding back up to its normal rate again as you bring time back to normal.”

9. Age Regression

“Keep your eyes closed. By directing your thinking you can bring back the feeling that you experienced when you were in primary school – in first, second, third, or fourth year.”

(Begin timing.) “Think of time going back, going back to primary school and feel yourself becoming smaller and smaller. Let yourself feel your hands, small and tiny, and your legs and your body, small and tiny. As you go back in time feel yourself sitting in a big desk. Notice the floor beneath you. Feel the top of the desk. You may feel some marks on the desk top, or maybe its smooth, cool surface. There may be a pencil slot and perhaps a large yellow pencil. Feel the under side of the desk and you may feel some chewing gum. Observe the other children around you, and the teacher, the black-board, the notice board, where the cloak room is, and the windows. Smell the chalk dust or the paste. You may hear the children and the teacher speaking. Now just observe and see what happens around you.” (End of timing: about 1’20”)

(15 second pause.) “Now tell yourself it’s all in your own mind and bring yourself back to the present.”



10. Mind-Body Relaxation

“Keep your eyes closed. By letting your thoughts go along with these instructions you can make your mind and body feel very relaxed.”

(The following is to be read slowly.) (Begin timing.) “Picture yourself on a beautiful, warm summer day lying under the sun on a beach of an ocean or lake. Feel yourself lying on the soft, soft sand or on a beach towel that is soft and comfortable. Let yourself feel the sun pleasantly warm and feel the gentle breeze touching your neck and face. Picture the beautiful clear blue sky with fluffy little white clouds drifting lazily by. Let yourself feel the soothing, penetrating warmth of the sun and tell yourself that your mind and body feel completely relaxed and perfectly at ease ... peaceful, relaxed, comfortable, calm, so at ease, at peace with the universe ... completely relaxed ... relaxed, peaceful, lazy, tranquil ... calm ... comfortable. Your mind and body are completely relaxed ... completely relaxed ... calm, peaceful, tranquil, flowing with the universe.” (End of timing: about 2’05”.)

“Now you can open your eyes, let yourself continue to feel relaxed and yet perfectly alert ... peaceful, alert, normal again. Open your eyes.”

Reference:

Barber, T. X., Wilson, S. C. (1978). The Barber Suggestibility Scale and the Creative Imagination Scale: Experimental and Clinical Applications. *American Journal of Clinical Hypnosis*, 21: 84-108



Creative Imagination Scale

Name: _____

You have just been asked to imagine 10 different experiences. What we would like you to do now is to rate each of these imagined experiences in terms of how similar you thought they were to real experiences. Please circle the number (0, 1, 2, 3, or 4) which corresponds to the statement which most nearly matches your experience.

1. When you were asked to imagine dictionaries on your hand, how similar was the experience to actually having dictionaries piled on your hand?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

2. When you were asked to imagine the stream of water pushing up your hand, how similar was the experience to actually having water pushing up your hand?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

3. When you were asked to imagine your finger feeling numb, how similar was the experience to that of actually having your fingers numb?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

4. When you were asked to imagine drinking cool water, how similar was the experience to that of actually drinking cool water?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

5. When you were asked to imagine smelling and tasting an orange, how similar was the experience to that of actually smelling and tasting an orange?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

6. When you were asked to imagine listening to some music, how similar was the experience to that of actually listening to some music?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

7. When you were asked to imagine the sun shining on your hand and making it feel hot, how similar was the experience to how you would actually feel if the sun was shining on your hand, making it feel hot?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

8. When you were asked to imagine time slowing down, how similar was the experience to that of time actually slowing down?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

9. When you were asked to imagine that you were a child at primary school, how similar was the experience to that of actually being a child in primary school?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same

10. When you were asked to imagine yourself relaxing on the beach, how similar was the experience to that of actually relaxing on the beach?

0 = not at all the same 1 = a little the same 2 = between a little and much the same 3 = much the same 4 = almost exactly the same