IMAGERY PRACTICE CHART

Directions: Write a story that exaggerates one of your obsessions or fears. Make the story as detailed as possible. Do not hesitate to use humor as you follow these steps:

- Spend 45–90 minutes reading, singing, listening to, writing, or imagining your story.
- Rate the degree of anxiety you feel after each time your read or imagine your story on a subjective unit of distress (SUD) scale (0 = no distress, 10 = intense distress).
- Continue to practice for 21 days or until you feel no distress imagining your scenario. Then write a scenario for another obsession and work on it.

WEEKLY PRACTICE SHEET

Sample Scenario:

Instead of avoiding my favorite restaurant out of fear that I might hurt someone, I decide to go in. I order a delicious steak. Just as I start to cut into it, the waiter sets bread on the table and I stab his hand instead. When I see blood starting to come out of his hand, a strange compulsion comes over me and I stab him again and again. Then I turn around looking for other hands to stab. People are moving their hands wildly to avoid my attempts to lurch at them. By now, the authorities have been called. They know just how to deal with me. They pretend to put out their hand for me to stab and quickly pull it back as I start to lunge. I am caught off balance and the knife is wrestled from me. As I am being taken away to jail, the arresting officer says, "Oh she must have caught that hand-stabbing virus that the astronauts brought back from outer space."

My Scenario:

1st Practice	2nd Practice	3rd Practice	4th Practice	5th Practice	6th Practice	7th Practice
1. ___ SUD	1. ___ SUD	1. ___ SUD	1. ___ SUD	1. ___ SUD	1. ___ SUD	1. ___ SUD
2. ___ SUD	2. ___ SUD	2. ___ SUD	2. ___ SUD	2. ___ SUD	2. ___ SUD	2. ___ SUD
3. ___ SUD	3. ___ SUD	3. ___ SUD	3. ___ SUD	3. ___ SUD	3. ___ SUD	3. ___ SUD
4. ___ SUD	4. ___ SUD	4. ___ SUD	4. ___ SUD	4. ___ SUD	4. ___ SUD	4. ___ SUD
5. ___ SUD	5. ___ SUD	5. ___ SUD	5. ___ SUD	5. ___ SUD	5. ___ SUD	5. ___ SUD
6. ___ SUD	6. ___ SUD	6. ___ SUD	6. ___ SUD	6. ___ SUD	6. ___ SUD	6. ___ SUD