

Imagery Vividness & Five Senses- Worksheet 2

Please fill out the table below to keep track of your exercises.

Written in blue is an example of how you can fill out the following table →

Date	Start Time and End Time:	What food do you want to picture?	Imagery Vividness of eating the food Scale 1-10 1= not vivid, 10= Very Vivid	Describe the five senses. (Taste, smell, hearing, touch, sight)	Note down any physiological responses Ex. Salvation, swallowing, pain relief
09-28-2021	10:00am 10:10am	Lemon	8	Tastes sour, smells like citrus, makes a small squishing sound when eating it, the peel has a smooth texture, it looks yellow.	When imagining eating the lemon, my mouth salivated
