

Imagery Vividness & Imagery Control- Worksheet 1

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	What do you want to picture?	Imagery Vividness Scale 1-10 1= not vivid, 10= Very Vivid	Effect on Headache Ex. Did it get better or worse or stayed the same?	Comments Ex. Distractions, intrusive thoughts
09-28-2021	A River	6	Stayed the same	I had a good picture in my head but the background noise was distracting and made it hard to focus.
09-28-2021	Autumn Trees	8	Felt less pressure in head	The image was very vivid in my head, some intrusive thoughts about work stress made me lose focus.
