



Name _____ Mental Imagery Initials _____

MENTAL IMAGERY SELECTIVE SURVEY (MISS-7)

Imagery or imagination is a process in which we use our mind's eye to picture or feel things. The mind's eye can see many different types of images, including places, faces, memories and other things. Imagery is similar to the way we "see" our dreams. People use imagery differently, depending on their natural skill, their situations or circumstances, or their past experiences, which may have affected their imagery skills. The following questions will help us better understand your imagery skills.

Ability

1. Are you aware of your ability to use your mind's eye to picture images? Yes___ No___
2. While awake, do you notice that you use your mind's eye to see images? Yes___ No___
3. If you were to sit in a quiet and comfortable place, how would you rate your ability to picture images in your mind of a garden, beach or some other pleasant experience or situation?

(Check one below)

- ___ Extremely easy to imagine, like a photograph or the real thing
- ___ Very easy to imagine
- ___ Easy to imagine
- ___ Not especially easy or difficult
- ___ Difficult to imagine
- ___ Very difficult to imagine
- ___ Extremely difficult to imagine or picture things in my mind

Barriers

4. Do you ever experience difficulty picturing images in your mind? Yes___ No___
5. While awake, do you experience unpleasant images or intrusive memories (memories that get in the way or memories you try not to have)? Yes___ No___
 - a) If yes, do these negative images sometimes get "stuck" in your mind? Yes___ No___
 - b) If yes, do you have difficulty getting these images "unstuck"? Yes___ No___
6. Do you have any fear or anxiety when using your mind's eye to view images? Yes___ No___
 - a) If yes, please explain: _____

7. Before today, have you imagined or "seen yourself" in your mind's eye wearing the PAP mask? Yes___ No___

8. Have you had any negative images in your mind's eye about using the PAP mask?
Yes___ No___

