

Creative Imagination Scale

Name: _____

Please answer each item as honestly as possible. There are no right or wrong answers.

Read the statements below describing the possible responses for each item.

Then, circle the number (0, 1, 2, 3, 4) which corresponds to the statement that most nearly matches your experience.

1. When you were asked to imagine that one, two, then three dictionaries were being piled on the palm of your hand. Compared to what you would have experienced if three dictionaries were actually on your hand, what you experienced was:

0	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	Almost exactly the same

2. In the second test you were asked to think of a strong stream of water from a garden hose pushing up against the palm of your hand. Compared to what you would have experienced if a strong stream of water were actually pushing up against your palm, what you experienced was:

0	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	Almost exactly the same

3. In the third test you were asked to imagine that local anaesthetic had been injected into your hand and it made two fingers feel numb. Compared to what you would have experienced if local anaesthetic had actually made the two fingers feel numb, what you experienced was:

0	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	Almost exactly the same

4. In the fourth test you were asked to think of drinking a cup of cool mountain water. Compared to what you would have experienced if you were actually drinking cool mountain water, what you experienced was:

0	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	Almost exactly the same

5. In the fifth test you were asked to imagine smelling and tasting an orange. Compared to what you would have experienced if you were actually smelling and tasting an orange, what you experienced was:

0	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	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	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	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	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	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	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	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	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	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	1	2	3	4
0%	25%	50%	75%	90+%
Not at all the same	A little the same	Between a little and much the same	Much the same	Almost exactly the same