Balanced Musician Chapter 8 Reading Questions

Name: _____

1. What are the three characteristics of effective imagery?

2. What are the two types of "imagery direction" and which type yields the best results?

3. Of the two factors of vividness and controllability, which is the most important and why?

4. Which type of imagery orientation is more effective for those who are highly skilled in their performance area?

5. Which side of the brain does imagery use?

6. State two positive affirmations (not mentioned in the book) that you can use at the end of an imagery exercise to enhance self-efficacy.
7. What are the two oldest and most well-known theories about why imagery works to enhance performance?

8. What is the definition of "audiation?"

9. What does "anticipation" mean in the context of aural imagery and how might it be used in practice or performance?