

## FIVE TYPES OF IMAGERY

*Different types of imagery correspond to different senses.  
Are you evoking all of them with these words?*

When we hear the word imagery, we usually associate it with some form of visual representation in our minds. We think about pictures and images. But, that's not all there is to imagery. Imagery is more complex.

Good writers know and use the five types of imagery, each corresponding to one of our senses: visual, auditory, kinesthetic olfactory (smell), and gustatory(taste).

The key to good imagery is engaging all five senses.

Here are some examples of words specific to the five sensory systems:

<b><u>Visual</u></b>	<b><u>Auditory</u></b>	<b><u>Kinesthetic</u></b>	<b><u>Olfactory</u></b>	<b><u>Gustatory</u></b>
picture	scream	feel	pungent	sweet
flash	shout	warm	fragrant	sour
bright	listen	grasp	sweet	salty
sharp	tone	sharp	dank	bitter
clear	whisper	peaceful	rich aroma	fresh
see	ring	cold	stinky	juicy
light	utter	rugged	musty	bland
dark	nasal	joyful	rotten	burnt
large	squeal	fuzzy	odor	zesty
blue	quiet	hard	essence	tangy

The following examples will take you through all the senses and will guide you to evoke specific imagery internally. For best results, close your eyes during visualization.



### **Visual**

To evoke visual imagery, visualize the following:

- A shape: circle, triangle, square
- An oak tree
- A rose
- A sailing boat
- A button
- A computer
- Auditory
- To evoke auditory imagery, imagine the following:
- The wind blowing through the trees
- The ring on your telephone
- The sound of your computer keyboard
- Scales played on a guitar
- Water lapping on a lake shore

### **Olfactory**

To evoke olfactory imagery, conjure up the following smells:

- Gasoline fumes
- Newly baked bread
- Chlorine
- New mown grass
- Freshly brewed coffee
- Gustatory (taste)
- To evoke gustatory imagery, imagine the taste of:
- Sugar
- Bananas
- Salt
- Lemon
- Toothpaste

## **Kinesthetic**

Kinesthetic imagery can be further divided into: sense of touch, temperature, movement, and feelings.

- Touch - imagine the feelings of:
  - Standing barefoot on a sandy beach
  - Running your fingertips on satin fabric
  - Holding a smooth pebble
- Temperature:
  - Sunlight falling over your arm
  - Holding an ice cube
  - Stepping into a warm bath
- Movement - feel yourself engaged in an activity:
  - Swimming
  - Running on grass
  - Throwing a ball

## **Feelings**

What does it feel like in your body to be

- Peaceful
- Angry
- Sad
- Calm
- Happy

These are the main five types of imagery. Engage as many senses as you can when you are doing visualization or guided imagery.