
Acquiring Visualization Form

Visualize a typical situation in which you have a strong urge to acquire something. In your image, don't actually pick up the item, just look at it. Please describe the location and item you imagined.

Rate how strong was your urge to acquire the item (0 = "no urge to acquire," 100 = "irresistible urge").

Acquiring Urge _____

What thoughts did you have while you imagined this scene?

1.

2.

3.

Visualize this scene again, but this time, imagine leaving without the item. How much discomfort did you experience while imagining (0 to 100)?

Discomfort Rating _____

Please list any thoughts you think would help you not acquire an object.

1.

2.

3.

Now rate how uncomfortable you feel about leaving without the item(s), from 0 to 100.

Discomfort Rating _____