Appendix II - Modified Velten Mood Induction Technique (MVMIT)

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Instructions: In this experiment, you will be shown a series of cards with statements typed on them. These statements will represent a certain mood. Your success will be largely a question of your willingness to be receptive and responsive to the idea in each statement, and to allow each idea to act on you without interference.

You will respond the feeling suggested by each item. You will then think of yourself with as much clarity and realism as possible, as definitely being and moving in to that mood state.

You will continue to concentrate your full consciousness on experiencing and retaining the mood as you read each suggestion a certain amount of time would be devoted to each suggestion. You will continue to discipline and train your self in inducing a mood in your self by concentrating your full attention on the mood statements during any time interval.

You will begin the series of statements soon you will read each statement yourself. Then you will experience the mood as well as you can and continue to do so as you read the cards and you move further in to that mood. You will think about the things in your life that make you feel more like the mood on the statement. This way, your mood will build further.

And at last you have to read the incubation instructions for particular category of mood induction statements (elated/happy, depressed, neutral). Which will be available on separate cards.
Happy Cards

Cover page
These statements are designed to make you feel happy.

Card 1
Today is neither better nor worse than any other day.

Card 2
I do feel pretty good today, though.

Card 3
I feel light-hearted.

Card 4
This might turn out to have been one of my good days.

Card 5
If your attitude is good, then things are good, and my attitude is good.

Card 6
I've certainly got energy and self-confidence to spare.

Card 7
I feel cheerful and lively.

Card 8
On the whole, I have very little difficulty in thinking.

Card 9
My parents are pretty proud of me most of the time.

Card 10
I'm glad I'm in college—it's the key to success nowadays.

Card 11
For the rest of the day, I bet things will go really well.

Card 12
I'm pleased that most people are so friendly to me.

Card 13
My judgment about most things is sound.

Card 14
It's encouraging that as I get farther into my major, it's going to take less study to get good grades.

Card 15
I'm full of energy and ambition—I feel like I could go a long time without sleep.
Card 16
This is one of those days when I can grind out schoolwork with practically no effort at all.

Card 17
My judgment is keen and precise today. Just let someone try to put something over on me.

Card 18
When I want to, I can make friends extremely easily.

Card 19
If I set my mind to it, I can make things turn out fine.

Card 20
I feel enthusiastic and confident now.

Card 21
There should be opportunity for a lot of good times coming.

Card 22
My favorite song keeps going through my head.

Card 23
Some of my friends are so lively and optimistic.

Card 24
I feel talkative—I feel like talking to almost anybody.

Card 25
I'm full of energy, and am really getting to like the things I'm doing on campus.

Card 26
I'm able to do things accurately and efficiently.

Card 27
I know good and well that I can achieve the goals I set.

Card 28
Now that it occurs to me, most of the things that have depressed me wouldn't have if I'd just had the right attitude.

Card 29
I have a sense of power and vigor.

Card 30
I feel so vivacious and efficient today—sitting on top of the world.

Card 31
It would really take something to stop me now!

Card 32
In the long run, it's obvious that things have gotten better and better during my life.
Card 33
I know that in the future I won't over-emphasize so-called "problems."

Card 34
I'm optimistic that I can get along very well with most of the people I meet.

Card 35
I'm too absorbed in things to have time for worry.

Card 36
I'm feeling amazingly good today!

Card 37
I am particularly inventive and resourceful in this mood.

Card 38
I feel superb! I think I can work to the best of my ability.

Card 39
Things look good. Things look great!

Card 40
I feel that many of my friendships will stick with me in the future.

Card 41
I can find the good in almost anything.

Card 42
I feel so happy and playful today. I feel like surprising someone by telling a silly joke.

Card 43
I feel an exhilarating animation in all I do.

Card 44
I feel highly perceptive and refreshed.

Card 45
My memory is in rare form today.

Card 46
In a buoyant mood like the one I'm in, I can work fast and do it right the first time.

Card 47
I can concentrate hard on anything I do.

Card 48
My thinking is clear and rapid.

Card 49
Life is so much fun: It seems to offer so many sources of fulfillment.
Card 50
Things will be better and better today.

Card 51
I can make decisions rapidly and correctly: and I can defend them against criticism easily.

Card 52
I feel really industrious--I want something to do!

Card 53
Life is firmly in my control.

Card 54
I wish somebody would play some good loud music!

Card 55
This is great--I really do feel good. I am elated about things.

Card 56
I'm really feeling sharp now.

Card 57
This is must one of those days when I'm ready to go!

Card 58
I feel like bursting with laughter--I wish somebody would tell a joke and give me an excuse!

Card 59
I'm full of energy!

Card 60
I feel great!!!

Incubation Instruction Card
Now that you're feeling very happy, concentrate on this feeling. Let it flow. Let it build. Feel the mood. Feel it get stronger. Think about other things that have happened in your life that have made you very, very happy, like doing some things you love to do, or like being with good friends, doing fun enjoyable things. Concentrate on it. As you do, you'll feel the mood build. It'll become more intense, more happy. This in turn will make you think of other things in your life that have made you very, very happy. The mood will build. Let it. Feel it become more intense. Feel it get stronger. It will happen. Do and think whatever you can to build this very happy mood. Feel very, very happy. Close your eyes. Begin now.
Depressed Cards

Cover page
These statements are designed to make you feel depressed.

Card 1
Today is neither better nor worse than any other day.

Card 2
However, I feel a little low today.

Card 3
I feel rather sluggish now.

Card 4
Sometimes I wonder whether school is all that worthwhile.

Card 5
Every now and then I feel so tired and gloomy that I'd rather just sit than do anything.

Card 6
I can remember times when everybody but me seemed full of energy.

Card 7
Too often I have found myself staring listening into the distance, my mind a blank, when definitely should have been studying.

Card 8
It has occurred to me more than once that study is basically useless, because you forget almost everything you learn anyway.

Card 9
People annoy me; I wish I could be by myself.

Card 10
I've had important decisions to make in the past, and I've sometimes made the wrong ones.

Card 11
I do feel somewhat discouraged and drowsy--maybe I'll need a nap when I get home.

Card 12
Perhaps college takes more time, effort, and money than it's worth.

Card 13
I'm afraid the potential for nuclear war may get a lot worse.

Card 14
I just don't seem to be able to get going as fast as I used to.

Card 15
There have been days when I felt weak and confused and everything went miserably wrong.
Card 16
Just a little bit of effort tires me out.

Card 17
I've had daydreams in which my mistakes kept occurring to me--sometimes I wish I could start over again.

Card 18
I'm ashamed that I've caused my parents needless worry.

Card 19
I feel terribly tired and indifferent to things today.

Card 20
Just to stand up would take a big effort.

Card 21
I'm getting tired out. I can feel my body getting exhausted and heavy.

Card 22
I'm beginning to feel sleepy. My thoughts are drifting.

Card 23
At times I've been so tired and discouraged that I went to sleep rather than face important problems.

Card 24
My life is so tiresome--the same old thing day after day depresses me.

Card 25
I couldn't remember things well right now if I had to.

Card 26
I just can't make up my mind; it's so hard to make simple decisions.

Card 27
I want to go to sleep—I feel like just closing my eyes and going to sleep right here.

Card 28
I'm not very alert; I feel listless and vaguely sad.

Card 29
I've doubted that I'm a worthwhile person.

Card 30
I feel worn out. My health may not be as good as it's supposed to be.

Card 31
It often seems that no matter how hard I try, things still go wrong.
Card 32
I've noticed that no one seems to really understand or care when I complain or feel unhappy.

Card 33
I'm uncertain about my future.

Card 34
I've lain awake at night worrying so long that I hated myself.

Card 35
I'm discouraged and unhappy about myself.

Card 36
Things are worse now than when I was younger.

Card 37
My parents never really tried to understand me.

Card 38
The way I feel now, the future looks boring and hopeless.

Card 39
Some very important decisions are almost impossible for me to make.

Card 40
I feel tired and depressed; I don't feel like working on the things I know I must get done.

Card 41
I feel horribly guilty about how I've treated my parent at times.

Card 42
I have the feeling that I just can't reach people.

Card 43
Things are easier and better for other people than for me. I feel like there's no use in trying again.

Card 44
It takes too much effort to convince people of anything; there's no point in trying.

Card 45
Often people make me very upset. I don't like to be around them.

Card 46
I fail in communicating with people about my problems.

Card 47
It's so discouraging the way people don't really listen to me.

Card 48
I've felt so alone before, that I could have cried.
Card 49
Sometimes I've wished I could die.

Card 50
My thoughts are so slow and downcast I don't want to think or talk.

Card 51
I just don't care about anything. Life just isn't any fun.

Card 52
Life seems too much for me anyhow--my efforts are wasted.

Card 53
I'm so tired.

Card 54
I don't concentrate or move; I just want to forget about everything.

Card 55
I have too many bad things in my life.

Card 56
Everything seems utterly futile and empty.

Card 57
I feel dizzy and faint. I need to put my head down and not move.

Card 58
I don't want to do anything.

Card 59
All of the unhappiness of my past is taking possession of me.

Card 60
I want to go to sleep and never wake up.

Incubation Instruction Card
Now that you're feeling very depressed, concentrate on this feeling. Let it flow. Let it build. Feel the mood. Feel it get stronger. Think about other things that have happened in your life that have made you very, very depressed, like being alone and lonely, or like when you failed a test, or when someone's broken up with you. Concentrate on it. As you do, you'll feel the mood build. It'll become more intense, more depressed. This in turn will make you think of other things in your life that have made you very, very depressed. The mood will build. Let it. Feel it become more intense. Feel it get stronger. It will happen. Do and think whatever you can to build this very depressed mood. Feel very, very depressed. Close your eyes. Begin now.
Neutral Cards

Cover page
These statements are designed to make you feel neutral.

Card 1
Oklahoma City is the largest city in the world, in area, with 631.166 square miles.

Card 2
Japan was elected to the United Nations almost fourteen years after Pearl Harbor.

Card 3
At the end appears a section entitled "Bibliography Notes."

Card 4
We have two kinds of nouns denoting physical things: individual and mass nouns.

Card 5
This book or any part thereof must not be reproduced in any form.

Card 6
Agricultural products comprised seventy percent of the income.

Card 7
Saturn is sometimes in conjunction, beyond the sun from the earth, and is not visible.

Card 8
Some streets were still said to be listed under their old names.

Card 9
The system is supervised by its board of regents.

Card 10
There is a large rose-growing center near Tyler, Texas.

Card 11
Many states supply milk for grammar school children.

Card 12
Usually it is the fittest that survive.

Card 13
The typography, paper, and bind were of the highest quality.

Card 14
The machine dominated county posts for as long as anyone could remember.

Card 15
The desk is old, and scratched into its surface was a profusion of dates, initials, and messages.
Card 16
The Orient Express travels between Paris and Istanbul.

Card 17
When the Banyan bent down under its own weight, its branches began to take root.

Card 18
There isn't a scientific explanation for every U.F.O. sighting.

Card 19
The Hope Diamond was shipped from South America to London through the regular mail service.

Card 20
The review is concerned with the first three volumes.

Card 21
The ship was ancient, and would soon be retired from the fleet.

Card 22
Slang is a constantly changing part of the language.

Card 23
There is a small article in the local newspaper which indicates acceptance of the kidnapper's terms.

Card 24
There are some forms in which no oath is required.

Card 25
Intramatics finds mates for the lonely.

Card 26
99.1% of Alaska is owned by the Federal Government.

Card 27
The two men dressed as repairmen will appear shortly after the van pulls up.

Card 28
The wood was discolored as if it had been held in a fire.

Card 29
The light was noticed in the dark outside, and it moved towards the house.

Card 30
Painting in a few other non-European countries is treated in a separate volume.

Card 31
A recent study revealed that one half of all college students were unable to find summer jobs.
Card 32
Provoked arousal and orientation are accompanied by steeper negative shifts.

Card 33
The names on the Christmas mailing list are alphabetically ordered.

Card 34
Significantly, these changes occur during the full moon.

Card 35
West Samoa gained its independence in 1965.

Card 36
The magazine's report was slanted, as usual.

Card 37
The map would prove useless as a beginning course.

Card 38
The speaker outlined a plan whereby the current deficits could be eliminated.

Card 39
Black and white pictures are arranged in ten sections.

Card 40
The voices come only at night, and whisper words.

Card 41
The papers had been front-paging it for days.

Card 42
The notice made it clear that coffee breaks were being limited.

Card 43
No man worked harder than he.

Card 44
Potter wrote numerous satires on social cynicism.

Card 45
Boeing's main plant in Seattle employs 35,000 people.

Card 46
The doorkeeper was dressed in red.

Card 47
During the next ten years, the group participated in politics.

Card 48
The organization depended on the people for support.
Card 49
In 1965, Elizabeth made the first state visit by a British monarch to Germany in 56 years.

Card 50
It was their sixth consecutive best seller.

Card 51
It all fitted in with the officer's story.

Card 52
The merger did not change the company's policy.

Card 53
The mansion was rented by the delegation.

Card 54
Ninety occupations were listed as eligible for the grads in business.

Card 55
Utah is the Beehive State.

Card 56
Changes were made in transport of lumber after the border incident.

Card 57
The Chinese language has many dialects including Mandarin and Cantonese.

Card 58
Things were booming once again in the little gold rush town of Angel.

Card 59
At low tide the hull of the old ship could be seen.

Card 60
A free sample will be given to each person who enters the store.

Incubation Instruction Card
Now that you've begun to clear your mind and feel neutral we'd like to get you to sit and think about other neutral thoughts and statements in order to clear your mood further. We want no mood related thoughts in your mind. Just sit and concentrate on feeling neutral. Close your eyes. Begin now.