Modified Velten Mood Induction Technique (MVMIT) –

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Instructions:

In this experiment, you will be shown a series of slides 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 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 into that mood state.

You will continue to concentrate your full consciousness on experiencing and retaining the mood as you reach suggestion a certain amount of time would be devoted to each suggestion. You will continue to disciple and train yourself 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 statement yourself. Then you will experience the mood as well as you can and continue to do so as you read the slides and you move further into 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, and neutral), which will be available on separate slides.

Happy Slides

Cover page

These statements are designed to make you feel happy.
Today is neither better nor worse than any other day.

I do feel pretty good today, though.

I feel light-hearted.

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

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

I’ve certainly got energy and self-confidence to spare.

I feel cheerful and lively.

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

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

I’m glad I’m in college—it’s the key to success nowadays.

For the rest of the day, I bet things will go really well.
I’m pleased that most people are so friendly to me.

Slide 13

My judgment about most things is sound.

Slide 14

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

Slide 15

I’m full of energy and ambition—I feel like I could go a long time without sleep.

Slide 16

This is one of those days when I can grind out schoolwork with practically no effort at all.

Slide 17

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

Slide 18

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

Slide 19

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

Slide 20

I feel enthusiastic and confident now.

Slide 21

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

Slide 22

My favorite song keeps going though my head.

Slide 23

Some of my friends are so lively and optimistic.

Slide 24

I feel talkative—I feel like taking to almost anybody.
I’m full of energy, and am really getting to like the thing I’m doing on campus.

I’m able to do things accurately and efficiently.

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

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.

I have a sense of power and vigor.

I feel so vivacious and efficient today-sitting on top of the world.

It would really take something to stop me now!

In the long run, it’s obvious that things have gotten better and better during my life.

I know that in the future I won’t over-emphasize so-called “problems”.

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

I’m too absorbed in things to have time for worry.

I’m feeling amazingly good today!
I am particularly inventive and resourceful in this mood.

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

Things look good. Things look great!

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

I can find the good in almost anything.

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

I feel an exhilarating animation in all I do.

I feel highly perceptive and refreshed.

My memory is in rare form today.

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

I can concentrate hard on anything I do.
Slide 48
My thinking is clear and rapid.

Slide 49
Life is so much fun it seems to offer so many sources of fulfillment.

Slide 50
Thing will be better and better today.

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

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

Slide 53
Life is firmly in my control.

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

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

Slide 56
I’m really sharp now.

Slide 57
This is must one of those days when I’m ready to go!

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

Slide 59
I’m full of energy!

Slide 60
I feel great!!!

**Incubation Instruction Slide**

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 Slides**

Cover page

These statements are designed to make you feel depressed.

Slide 1

Today is neither better nor worse than any other day.

Slide 2

However, I feel a little low today.

Slide 3

I feel rather sluggish now.

Slide 4

Sometimes I wonder whether school is all that worthwhile.

Slide 5

Every now and then I feel so tired and gloomy that I’d rather did rather just sit than do anything.

Slide 6

I can remember times when everybody but me seemed full of energy.
Too often I have found myself staring listening into the distance, my mind a blank, when I definitely should have been studying.

Slide 8

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

Slide 9

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

Slide 10

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

Slide 11

I do feel somewhat discouraged and drowsy—maybe I’ll need a nap when I get home.

Slide 12

Perhaps college takes more time, effort, and money than it’s worth.

Slide 13

I’m afraid the potential for nuclear war may get a lot worse.

Slide 14

I just don’t seem to be able to get going as fast as I used to.

Slide 15

There have been days when I felt weak and confused and everything went miserably wrong.

Slide 16

Just a little bit of effort tires me out.

Slide 17

I’ve had daydreams in which my mistakes kept occurring to me—sometimes I wish I could start over again.

Slide 18

I’m ashamed that I’ve caused my parents needless worry.
I feel terribly tired and indifferent to things today.

Slide 20

Just to stand up would take a big effort.

Slide 21

I’m getting tired out. I can feel my body getting exhausted and heavy.

Slide 22

I’m beginning to feel sleepy. My thoughts are drifting.

Slide 23

At times I’ve been so tired and discouraged that I went to sleep rather face important problems.

Slide 24

My life is so tiresome—the same old thing day after day depresses me.

Slide 25

I couldn’t remember things well right now if I had to.

Slide 26

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

Slide 27

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

Slide 28

I’m not very alert: I feel listless and vaguely sad.

Slide 29

I’m doubted that I’m a worthwhile person.

Slide 30

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

Slide 31
It often seems that no matter how hard I try, things still go wrong.

Slide 32

I’ve noticed that no one seems to really understand or care when I complain or feel unhappy.

Slide 33

I’m uncertain about my future.

Slide 34

I’ve lain awake at night worrying so long that I hated myself.

Slide 35

I’m discouraged and unhappy about myself.

Slide 36

Things are worse now than when I was younger.

Slide 37

My parents never really tried to understand me.

Slide 38

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

Slide 39

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

Slide 40

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

Slide 41

I feel horribly guilty about how I’ve treated my parent at times.

Slide 42

I have the feeling that I just can’t reach people.

Slide 43

Things are easier and better for other people than for me. I feel like there’s no use in trying again.
Slide 44
It takes too much effort to convince people of anything; there’s no point in trying.

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

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

Slide 47
It’s so discouraging the way people don’t really listen to me.

Slide 48
I’ve felt so alone before, that I could have cried.

Slide 49
Sometimes I’ve wished I could die.

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

Slide 51
I just don’t care about anything. Life just isn’t any fun.

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

Slide 53
I’m so tired.

Slide 54
I don’t concentrate or move; I just want to forget about everything.

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

Slide 56
Everything seems utterly futile and empty.

Slide 57

I feel dizzy and faint. I needed to put my head down and not move.

Slide 58

I don’t want to do anything.

Slide 59

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

Slide 60

I want to go to sleep and never wake up.

Incubation Instruction Slide-

Now that you’re feeling very depressed, concentrate on this feeling. Let it flow. Let it build. Feel 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 slides

Cover page

These statements are designed to make you feel neutral.

Slide 1

Oklahoma City is the target city in the world, in area, with 631.166 square miles.

Slide 2

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

Slide 3
At the end appears a section entitled “Bibliography Notes”.

Slide 4

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

Slide 5

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

Slide 6

Agricultural products comprised seventy percent of the income.

Slide 7

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

Slide 8

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

Slide 9

The system is supervised by its board of regents.

Slide 10

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

Slide 11

Many states supply milk for grammar school children.

Slide 12

Usually it is the fittest that survive.

Slide 13

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

Slide 14

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

Slide 15
The desk is old, and scratched into its surface was a profusion of dates, initials, and messages.

Slide 16

The Orient Express travels between Paris and Istanbul.

Slide 17

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

Slide 18

There isn’t a scientific explanation for every U.F.O. sighting.

Slide 19

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

Slide 20

The review is concerned with the first three volumes.

Slide 21

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

Slide 22

Slang is a constantly changing part of the language.

Slide 23

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

Slide 24

There are some forms in which no oath is required.

Slide 25

Intramatics finds mates for the lonely.

Slide 26

99.1% of Alaska is owned by the Federal Government.

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

Slide 28

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

Slide 29

The light was noticed in the dark outside and it moved toward the house.

Slide 30

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

Slide 31

A recent study revealed that one half of all college students were unable to find summer jobs.

Slide 32

Provoked arousal and orientation are accompanied by steeper negative shifts.

Slide 33

The names on the Christmas mailing list are alphabetically ordered.

Slide 34

Significantly, these changes occur during the full moon.

Slide 35

West Samoa gained its independence in 1965.

Slide 36

The magazine’s report was slated, as usual.

Slide 37

The map would prove useless as a beginning course.

Slide 38

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

Slide 39
The black and white pictures are arranged in ten sections.

Slide 40

The voices come only at night, and whisper words.

Slide 41

The papers had been front-paging it for days.

Slide 42

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

Slide 43

No man worked harder than he.

Slide 44

Potter wrote numerous satires on social cynicism.

Slide 45

Boeing’s main plant in Seattle employs 35,000 people.

Slide 46

The doorkeeper was dressed in red.

Slide 47

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

Slide 48

The organization depended on the people for support.

Slide 49

In 1965, Elizabeth made the first state visit by a British monarch to Germany in 56 years.

Slide 50

It was their sixth consecutive best seller.

Slide 51

It all fitted in with the officer’s story.
The merger did not change the company’s policy.

The mansion was rented by the delegation.

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

Utah is the Beehive state.

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

The Chinese language has many dialects Mandarin and Cantonese.

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

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

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

**Incubation Instruction Slide**

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.