

Abstract

This diploma thesis deals with the connection between personality characteristics and the ability to visualize. The literature review section contains an overview of informations about guided imagery, their types and differences from other mind-body interventions (e.g. hypnosis or meditation). Furthermore, studies are summarized discussing the possibilities of using guided imagery and the effect of individual differences in the effectiveness of this technique. The research part builds on the previous research summary. The experimental study deals with the question of what personality characteristics are related to the ability to visualize mental images. Participants were asked to listen to a short relaxing guided imagery, followed by the completion of a questionnaire to evaluate the entire experience and also to complete the NEO-FFI personality questionnaire.

Keywords

Guided Imagery; Mind-Body Interventions; Personality Traits; Five-factor Model; NEO-FFI