

Imagination



We are all born with an ability to imagine what is not actually perceived by our senses. It is our imagination that provides a sense of time by allowing us to review the past and envisage the future.

Our imagination allows us to make connections between apparently unrelated things. People with a highly developed imagination can find themselves jumping from one idea to another which is only vaguely related.

Our society tends to have a bias towards rewarding logical thinking and suggests that imagination is important mostly to those who consider themselves to be 'creative' such as artists, writers, actors and musicians. However, imagination is essential to our ability to take any effective action.

Sometimes the best solutions to a problem come when we switch from trying to analyse what is known to imagining things that we do not yet currently know.

Imagination is like a sharp knife – it can be both used and abused. People sometimes misuse their imagination by catastrophising or imagining that the worst things will happen. On the other hand, we can easily get lost in fantasies about the future, and may need to come back down to earth in order to keep in touch with reality.



Click the image to view the video

Describe a situation where you currently use your imagination ...

Any other thoughts?

How good are you at thinking imaginatively?

0	1	2	3	4	5	6	7	8	9	10	My score
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Not very good	<i>(place a circle around a number above or a write a number in the box)</i>									Really good	

Describe a situation in which you would like to be more imaginative?

What could you do over the next few days to improve this?