ARV Session Worksheet

Associative Remote Viewing · one sheet per trial

1 Trial setup

Done by the tasker, or by you before viewing.

DATE _____ TRIAL # _____ VIEWER _____

QUESTION (TWO OUTCOMES, CLEAR RESULT) _____

_____

OUTCOME A _____ OUTCOME B _____

RESOLVES ON (DATE / TIME) _____ FEEDBACK TIME _____

Blinding check: ☐ Two very different photos ☐ Drawn from a pool I have not seen ☐ Pairing hidden from me

2 Viewing session

Don't look at the photos. Aim at the photo you'll see at feedback time.

START TIME _____ END TIME _____ COOL-DOWN NOTES _____

Describe, don't name: record shapes, colors, and textures, not objects ("tall, curved, wet," not "a waterfall").

COLORS

TEXTURES AND MATERIALS

SHAPES AND LINES

LIGHT AND TEMPERATURE

MOTION, SOUND, AND SMELL

FEELINGS AND MOOD

SKETCH: FIRST IMPRESSIONS, QUICK AND LOOSE

For research and personal exploration. Not financial advice.

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3 Judging

The judge must not know which photo goes with which outcome.

PHOTO 1

Session details that match this photo:

Match: ☐ None ☐ Weak ☐ Moderate ☐ Strong

PHOTO 2

Session details that match this photo:

Match: ☐ None ☐ Weak ☐ Moderate ☐ Strong

Decision: ☐ Photo 1 ☐ Photo 2 ☐ Pass: no clear match, so no prediction

4 Prediction

Reveal the pairing only after judging.

CHOSEN PHOTO IS PAIRED WITH _____ PREDICTION _____

Confidence: ☐ Low ☐ Medium ☐ High

ACTION TAKEN, IF ANY _____

5 Feedback

After the event resolves. Look at the correct photo.

ACTUAL OUTCOME _____ FEEDBACK PHOTO VIEWED (DATE / TIME) _____

Result: ☐ Hit ☐ Miss ☐ Pass

WHAT MATCHED THE FEEDBACK PHOTO, AND WHAT DIDN'T

RUNNING TALLY

Keep every sheet, hits and misses alike, so you see your real accuracy rather than the memorable wins.

TRIALS _____ HITS _____ MISSES _____ PASSES _____ HIT RATE _____

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