

## Anxiety Visualization Creation

Visualizations can benefit from planning and preparation.

Use the prompts below to plan the visualization and maximize its effectiveness for a situation causing you anxiety:

Stage	Question	Answers
Preparation	<p>What is the focus going to be?</p> <ul style="list-style-type: none"> <li>- <i>What issue or concern would you like to explore?</i></li> <li>- <i>What do you need help with?</i></li> </ul>	<p>For example, fears over presenting.</p>
Relaxation	<p>Get yourself ready for the exercise:</p> <ul style="list-style-type: none"> <li>- <i>Where could I go to be quiet?</i></li> <li>- <i>What time would work best?</i></li> </ul>	<p>For example, my bedroom later this evening.</p>
Journey	<ul style="list-style-type: none"> <li>- List key aspects of the situation</li> <li>- What would I like to experience?</li> </ul>	<p>For example, the stage, the lights, the audience, my voice etc.</p> <p>For example, seeing people smiling, applause, confidence.</p>

Stage	Question	Answers
<p>Spend time visualizing what successful performance would look like.</p> <p>Imagine each stage of the journey.</p> <p>Consider how you would feel and what the experience would look like for you and others.</p>		
<p>Reflection (after the visualization)</p>	<p>Debrief yourself:</p> <ul style="list-style-type: none"> <li>- <i>How did it feel when everything went well in the visualization?</i></li>   <li>- <i>What do you need to do or believe for things to go well?</i></li> </ul>	<p>For example, I felt strong, confident, and in control.</p>

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