

Event Visualization Worksheet

Visualization provides a flexible, safe, and controlled environment to explore future challenges and situations. While negative pictures can damage our confidence, replacing them with positive ones can positively impact our state of mind (Clough & Strycharczyk, 2015).

Visualizing an event, especially one we are worrying about, can be a useful way of reducing concern and anxiety and gaining confidence without risk of failure.

Visualization should be as real as possible, based on experience or real-world knowledge. Bring it to life, with anticipated sounds, smells, people, and environment for maximum effect.

Perform the following Event Visualization steps to prepare for a situation while increasing self-confidence and reducing anxiety and catastrophizing.

1. What is the event?

Is it an interview, a meeting, or a presentation, etc.?

2. What does it look like? (real or imagined)

What does the front of the building look like?

What are the offices and décor like?

Is it modern and bright, or traditional, with muted lighting?

3. What are the sounds like?

Is it on a busy road, are the offices open plan, with the background noise of calls and people talking?

4. Imagine meeting the people

Start to bring the situation to life.

Who will you meet?

How will you greet them?

Imagine feeling comfortable, warm, friendly, and professional.

5. Imagine the event itself

Play out the event in your mind.

For example, a presentation. While you picture the room, and the people, imagine waiting for your turn. Picture the walk to the front, the opening line, etc.

6. Imagine success

Picture everything going well. What does it look like, how does it feel?

For example, during a presentation or an interview, the audience or interviewers are engaged and interested. They ask questions. You look and feel confident, comfortable, and you are enjoying the experience.

Steps 5 and 6 can repeat from the point of view of others at the event. Picture them seeing you confident, engaging, and enjoying the experience.

Repeat the process until you feel comfortable.

References

- Clough, P., & Strycharczyk, D. (2015). *Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience and Wellbeing*. Kogan Page.
- Hirsch, A., Bieleke, M., Schüler, J., & Wolff, W. (2020). Implicit Theories about Athletic Ability Modulate the Effects of If-Then Planning on Performance in a Standardized Endurance Task. *International Journal of Environmental Research and Public Health*, 17(7), 2576.

Dr. Jeremy Sutton