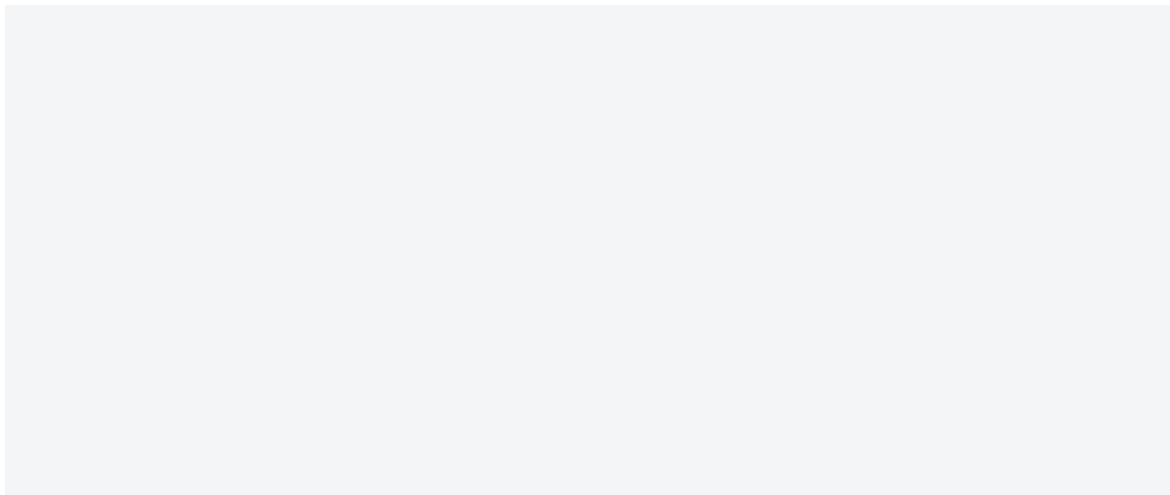# Visualizing Future Events to Build Authenticity

Visualizing future events is a valuable way to review potential situations and avoid unhelpful or damaging behavior (Joseph, 2019).

1. **Reflect on something that is going on in your life that is causing you upset. It could be an argument with a loved one or an awkward situation at work.**
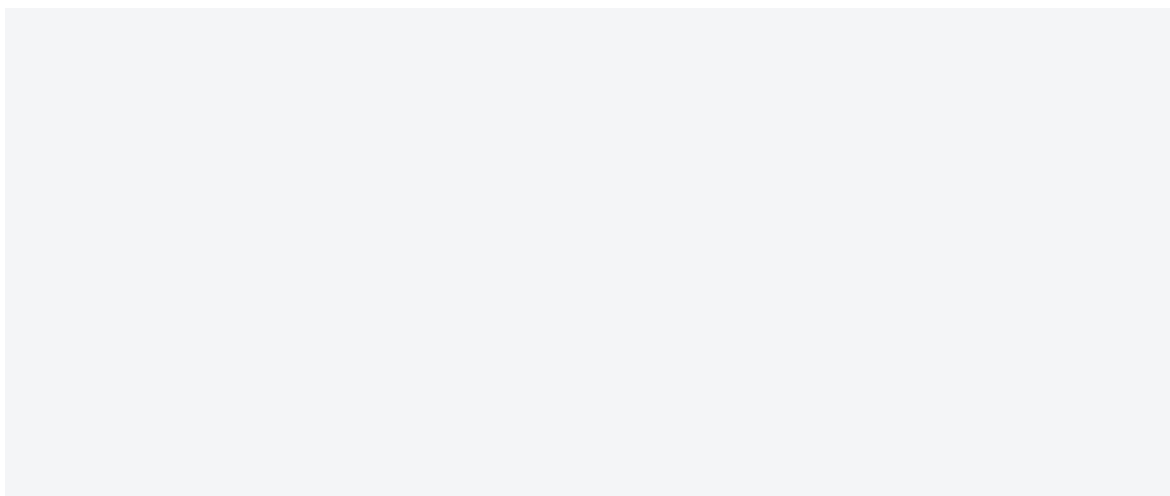
   Can you see yourself in the future rising to the challenge that this situation presents?

   Write down how this might look:

2. **Visualize how you would like it to go. Ask yourself *what it would feel like if everything went well?***

   What would it be like if you overcome the obstacles in front of you? What skills and strengths would you use?
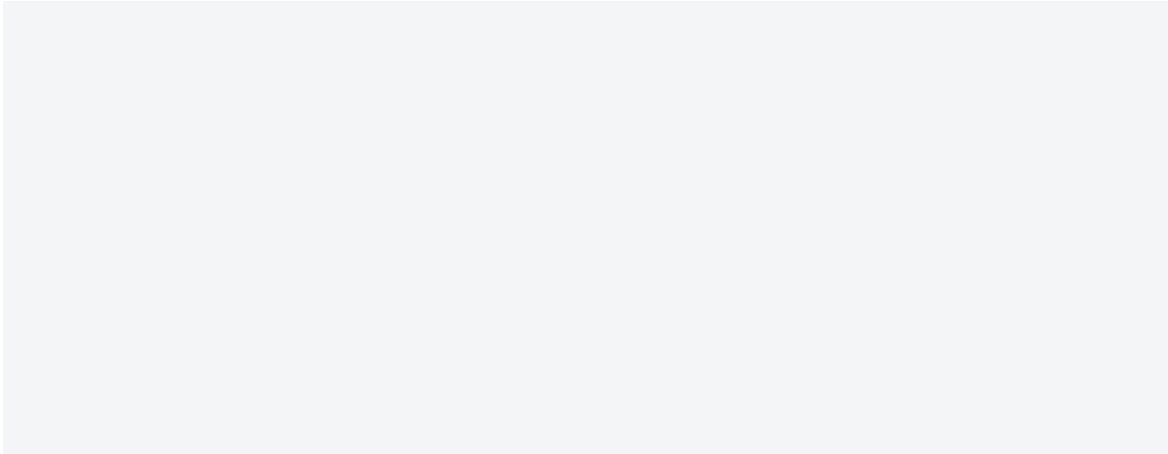
3. **Imagine things turning out well because of your efforts.**

   After the event has taken place:

4. **Compare what actually happened with what you imagined. Did it go as well as you hoped? If not, what could you do differently in the future?**

   Write down what you could do differently next time:

Authenticity can sometimes be about finding ways to be yourself and who you wish to be, rather than let the situation run away with itself.

Running through a situation before it happens can help you prepare yourself for what may happen and the obstacles to overcome while remaining true to yourself.

References

- Joseph, S. (2019). *Authentic: How to Be Yourself and Why It Matters*. Little, Brown Book Group Limited.

Dr. Jeremy Sutton