



Develop the Winner's Mentality, (Xlibris, 2005)
Bob Reese, PhD

CHAPTER 4: VISUALIZATION ~ AN ESSENTIAL MENTAL SKILL

VISUALIZATION VIVIDNESS SCALE (VVS)

Perform this exercise by visualizing the following images. If your image is “very clear” give it a 3; a “fairly clear” image rates a 2; and an “unclear” image rates a 1. If you cannot form an image, or if it’s very “unclear” or “indiscernible”, give it 0. After reading each item, close your eyes, picture it as clearly as you can, and record your rating. Revisit the VVS periodically until you can make each image a 3.

REMEMBER: The image may be a *felt sense* as opposed to an actual picture.

1. Think about a very close relative or friend:
 - a. See him/her standing in front of you. _____
 - b. Imagine him/her laughing. _____
 - c. Picture his/her eyes. _____
 - d. Picture his/her smile. _____
 - e. Hear his/her laugh. _____
2. Picture a bowl of fruit.
 - a. Look at each piece of fruit from different angles. _____
 - b. Are there any aromas? _____
3. Imagine driving down a dry, dusty road.
 - a. What does it look like in your rear-view mirror? _____
4. See yourself throwing a ball from your eyes.
 - a. See yourself throwing from the 3rd person viewpoint. _____
5. Picture your childhood home.
 - a. Go through each room of the house. _____
 - b. Pause in each room and notice the details. _____
 - c. Can you smell any aromas in the kitchen? _____
6. See a white, sandy beach.
 - a. Smell the fresh sea air. _____
 - b. Taste the salt on your lips. _____
7. Imagine looking into an appliance shop window.
 - a. Look at every item on display. _____
 - b. Can you see the price tags? _____
8. See a blank movie screen.
 - a. Watch a scene from your favorite movie on it. _____
9. Imagine the sound of a barking dog.
 - a. Hear birds chirping on a spring morning. _____
10. Imagine the sound of an exploding firecracker.
 - a. A bottle rocket. _____
 - b. A 4th of July fireworks display. _____
11. Feel the warmth of a hot shower.
 - a. Feel the sensations of a hot whirlpool bath. _____
12. Imagine feeling the texture of rough sandpaper. _____
13. Imagine yourself walking up a steep hill. _____
 - a. Feel yourself climbing a long flight of stairs. _____
14. Go to the kitchen _____
 - a. Imagine the taste of lemon juice. _____
 - b. Think of eating your favorite flavor ice cream. _____
 - c. Imagine the smell of cooking cabbage. _____
15. Imagine yourself smelling a rose. _____



Develop the Winner's Mentality, (Xlibris, 2005)
Bob Reese, PhD

CHAPTER 6: THOUGHT, EMOTION & FEELAZATION

FEELAZATION® VIVIDNESS SCALE (FVS) (pg. 118)

Perform this exercise by first visualizing an event and then by feelazizing the emotion associated with the event. If your felt image is "very clear" give it a 3; a "fairly clear" felt image rates a 2; and an "unclear" felt image rates a 1. If you cannot form a felt image, or if it's very "unclear" or "indiscernible", give it 0.

After reading each item, close your eyes, picture it as clearly as you can, feelazize it as intently as possible, spend some time - at least one or two minutes in that felt emotion - and record your rating. Revisit the FVS periodically until you can make each feelazized image a 3.

- 1. Visualize someone you are/were in a very close relationship with.
a. See him/her standing in front of you.
b. Imagine him/her laughing.
c. Picture his/her eyes.
d. Picture his/her smile.
e. Hear his/her laugh.
f. Imagine you are in an embrace
g. How do they make you feel?
h. Where in your body do you feel this feeling?
i. Enjoy it! Name it! Anchor it! Hold it!
2. Imagine your 8th birthday (you may substitute any year in which you had a wonderful party).
a. Visualize the surroundings.
b. Where did it take place? Can you see the surroundings?
c. See what you were wearing.
d. See how many people you can identify.
e. Can you see what they were wearing?
f. Imagine:
- You are ready to blow out the candles and make a wish.
- There is a huge pile of presents at the end of the table.
- All of your friends are singing Happy Birthday to you.
g. How do you feel?
h. Where in your body do you feel this feeling?
i. Enjoy it! Name it! Anchor it! Hold it!
3. Imagine your best ever performance (it can be a sport, theater, presentation, spelling bee, etc.).
a. Visualize the surroundings. Make them as vivid as possible.
b. Place yourself back in the event - near the end.
c. The event is over, and you have excelled!
d. Everyone is congratulating you - they may even be cheering.
e. How does that make you feel?
f. Where in your body do you feel this feeling?
g. Enjoy it! Name it! Anchor it! Hold it!

Once you have become competent with feelazizing past events, you can begin to feelazize your future.