

## HOW IMAGERY GUIDES OUR PERFORMANCE

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Imagery is effective in setting up self-fulfilling prophecies of future behavior and performance, both for the imagers and others in their social contexts. These principles apply in skill learning, sports, entertainment performances, business situations, group leadership, couples and families, and in personal development and self-image.

1. **DEMONSTRATION 1. THE RING ON A STRING** (the role of the unconscious). A ring is suspended on thread held between the thumb and the index finger of the dominant hand. The participant is given the instruction of imagining that the ring will move in designated simple patterns. The results are dramatic and virtually replicable in all participants. What the mind can conceive, and the heart believe, the body will achieve, and it will do it automatically. Just maintain the image in your mind, and allow the magic to happen!
2. **DEMONSTRATION 2. THE STEEL ROD** (assisting biomechanical efficiency by relaxing opposing sets). Participants are paired for size and strength. Each tries to bend the arm of the other, who either employs verbal instructions or imagery to maintain arm strength. Again, the results can be quite dramatic.
3. **THE CONSTRUCTION OF IMAGERY**. Use all sensory modalities. Start with detail, vividness will follow. Use a first-person perspective, unless the scene is very fear-

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inducing, in which case use an observer perspective, bridging later around to the first-person perspective.

4. **THE DELIVERY OF IMAGERY.** Induction of relaxation and beginnings of guided imagery. You could use the device of The Mirror of Your Mind as a gateway to future-pace the image as real for that person. Use their scenes and familiar metaphors as much as possible. Remember to overlap several sensory modalities if you can, and finish with an emotional feeling of joy and achievement.
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