

**Imagery Exercise 3: Competitive Situation Imagery**

After mastering the exercises on the previous page, you may find that you experience more “real life” emotion if you imagine yourself in a competitive situation.

**1. Approach a place, through imagery, where you have recently competed** or have vivid memories of a competition. Allow yourself to experience the sensations that may accompany a competitive experience for you--that is, if you typically get nervous or psyched up before competitions, allow yourself to feel those emotions.

List some typical emotions or feelings that you experience before competing:

a.

b.

**2. Imagine yourself at varying times before competition,** making it as real and vivid as possible. If you typically have a pre-competition routine, imagine yourself following the steps of that routine up to the point where you are competing. Remember to use all your senses.

Write down in the space below what you typically do before competition:

**3. Competition time:** imagine yourself in an actual competition situation, doing what you would typically do, with your typical emotional and physical reactions.

At the beginning and throughout competition, **I feel:**

At the beginning and throughout competition, **I do:**

At the beginning and throughout competition, **I think:**

At the beginning and throughout competition, **I see:**