The Power of Imagery: Confident and Capable

Imagery can be used to help you [calm down](#) before you enter a situation that is likely to make you feel anxious. Imagery can also give you the courage to stay in situations long enough to experience the natural reduction in anxiety that occurs over time. It helps to imagine scenes that are inspirational ideas that increase your commitment to facing anxiety.

Inspirational imagery can include people, music, or situations that increase your courage and confidence. The specific scene is less important than how the image makes you feel and whether it helps you [face your anxiety](#). The more senses you can incorporate into your image, the more helpful your imagery is likely to be. If you can imagine the smells, sounds, sights, and tactile sensations of the scene, you will improve your ability to relax or get inspired.

You may find it help-to vividly recall experiences in which you felt confident and capable.

Jolene was nervous about an upcoming meeting with her manager. In the past she had found ways to avoid such meetings, but this was now a step on her [Fear Hierarchy](#), and she was committed to taking that step. Before the meeting, she decided to use imagery to help [calm herself](#), boost her confidence, and put herself in a better frame of mind. One area of her life where Jolene felt confident was her part-time job as a piano teacher. She decided to imagine vividly how she felt when she worked with her piano students. She remembered and imagined her sense of pride and accomplishment when her students played music well. She heard the music in her mind and felt the cooling air of the window fan in her piano room. She felt her back straighten, and she took on the posture of a successful teacher. After spending five minutes imagining this scene, Jolene felt calmer, more confident, and more capable. When she entered the meeting with her manager, she was able to sit tall in her chair, and she felt more prepared to stay in the situation and tolerate whatever anxiety arose.