



Composed Visualised Responses (C-VR): WORKSHEET 5b

_____ Situation _____ Initials _____ Date

VISUALISE "X" SCENE OCCURRING.....

Describe the specific situation or scene you're imagining you will be entering, and the typical reactions you might tend to have.

NOW VISUALISE YOURSELF RESPONDING IN A COMPOSED DELIBERATE MANNER...

Describe the scene and image of yourself successfully engaging, being calm and considered, achieving the task at hand and interacting effectively with others around you. *eg imagine yourself listening and not reacting to negative criticism you might expect from a particular person during an upcoming confrontation.*