

PROGRESSIVE INTENSIFICATION VISUALIZATION METHOD (PIVM)





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INTRODUCTION

The Progressive Intensification Visualization Method is a highly advanced visualization exercise for rehearsing important or highly stressful upcoming events.

I developed this method while working with professional race car drivers needing to perform at their best while driving 175mph during a race. It was incredibly successful!

You accomplish this by choosing an event that's going to take place and then imagining the event playing out in your mind (like watching a movie you're starring in).

Then, you intensify the movie by changing aspects of the movie to make them more stressful or risky and run the movie again.

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stressful or risky and run the movie again. Repeat this process until you feel comfortable physically and mentally while watching the movie in your mind.

The importance of rehearsing cannot be understated! It's the fastest most permanent way to make changes in behavior and commit anything to memory. When the memory is made under pressure, it enables you to better handle the event in real time if it goes off script or gets stressful.

When you rehearse visually and with emotion new neuro-networks are created, enabling you to think faster and react with confidence under intense pressure automatically. By doing this, any possible stressful moments have already been experienced and worked out in your rehearsal. With repetition you'll be ready for anything.

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THE POWER OF VISUALIZATION – HOW IT WORKS FROM A NEURO- SCIENTIFIC PERSPECTIVE

Brain studies reveal that thoughts produce the same mental instructions as actions. Mental imagery impacts many cognitive processes in the brain: motor control, attention, perception, planning, and memory. So the brain is getting trained for the actual performance during visualization. It's been found that mental practices can enhance motivation, increase confidence and self-efficacy, improve motor performance, prime your brain for success, and increase states of flow – all relevant to achieving your goal.

This is Important – When you create the wiring for performing under pressure in one situation, it enables you to do so in any and all situations!

BASIC HOW TO

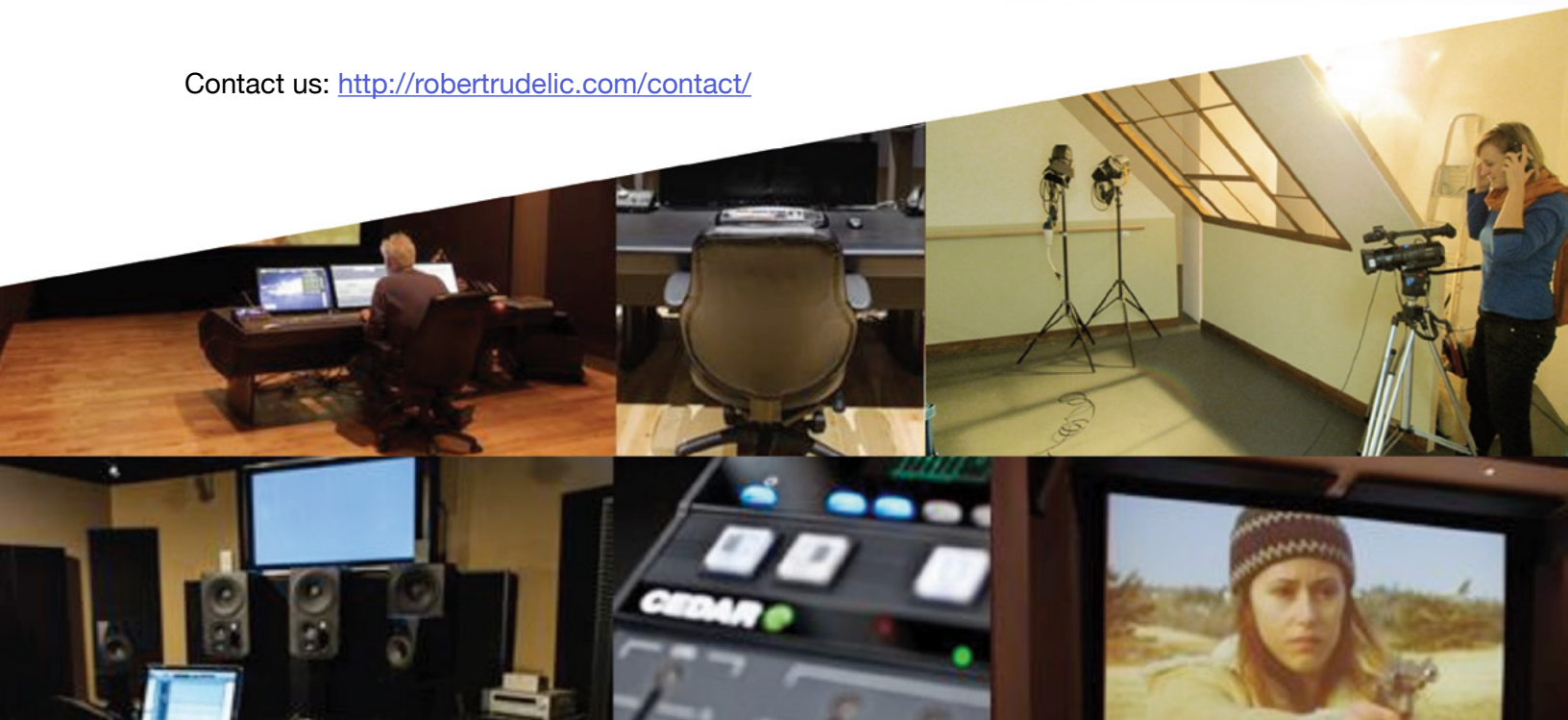
Remember the old saying? – “A picture is worth a thousand words”!

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PART 1 – THE MOVIE – SET UP THE SCENE

- 1 Choose an event that's going to take place, close your eyes then envision a specific scene that you're concerned about. Create a mental picture of the setting you're going to be in when the event takes place. See yourself there and keep your eyes closed throughout the process.
- 2 Set up the sensory environment: You are starring in the movie now. Notice the time of day, surroundings, lighting, furniture, temperature, sounds, smells and your costume.
- 3 Notice what the other actors are wearing and what their part is. What do they look like, are they happy, sad, nervous, angry.....? Take your time, the more real you make the movie and the more thorough you are, the better prepared you'll be when the actual event happens.
- 4 Visualize the event playing out like you're watching the movie. Pay attention to how you feel during the movie and make a mental note of where things don't go the way you want them to. You will go back to those moments in a minute and address them one at a time.
- 5 Go back to the beginning of the movie and do a few rounds of tapping on each issue where you did not perform as you would have liked to or felt stressed or uncomfortable. While tapping, break the issue down, tap "out" every aspect, then tap "in" how you want to perform in the future.
- 6 Go through the movie correcting each area that needed to be corrected.
- 7 Then, while tapping on the "Karate Chop Point" run the movie again. Repeat this process until you see yourself performing the way you want to.

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PART 2 – INTENSIFYING THE CIRCUMSTANCE

- 1 Intensify the movie by intensifying the level of risk or fear you're feeling, emotional intensity coming at you, increasing the speed of the event, increasing the threat level, the level of loss etc.. then, run the movie under those circumstances.
- 2 Notice where you felt upset or fearful and do a round of tapping on each issue then move on to the next issue. Continue this until you have tapped on all the emotional areas in your movie.
- 3 Run the movie one more time and increase the intensity one more time in some way – **Example:** play out the worst case scenario and tap on all the intense spots in the movie.
- 4 When you're finished, go back and run the movie one last time the way you want the event to ideally play out.
- 5 Rehearse the event several times using PIVM until you feel completely comfortable and confident in the outcome. Then hold the image of the outcome in your mind as you tap it "in".

PROGRESSIVE HOW TO

Perform a PIVM session from the body level up with progressive intensification!

PART 1 – THE SET UP

- 1 Establish a baseline intensity score.
- 2 First round – no tapping, be observant of when you felt the intensity go up and why.
- 3 Identify the issues that came up. These are areas of nervousness, concern, fear, and poor performance of a task or technique.

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- 4 Start tapping and visualize the areas or issues you had during the first round. Visualize yourself executing the task while tapping. Stop the movie and focus on what you were feeling or thinking and do a round of tapping. The focus is on what you did incorrectly or what caused you to get nervous or distracted. As you tap, notice the level of intensity and sense where it's coming from or what's triggering it. When the answer presents itself, say it out loud while continuing to tap.
- 5 Replay the scene without tapping and evaluate whether the intensity dropped. If it did, go on to the next scene. If not, tap on what you believe is, or could be blocking your success. Do one more round, then, follow with seeing yourself doing it correctly while tapping around the right ear. Finish with a fist pump and move on to the next scene you'll be working on.
- 6 Repeat this scene-by-scene until you've addressed all areas that impeded your successful execution of the task at hand.



PART 2 – START THE PROGRESSION

- 1 Start tapping and increase the intensity of the moment by 10%. There are many ways to do this depending on your specific setting – the time to execute the task, increase the speed of whatever you're doing, amp up, crowd noise, add important people into the scene (parents, coaches, friends, etc..)
- 2 Run through the movie again feeling the increased pressure.

Analyze if there was anything you could have done better. Even little things are important.
- 4 Tap “out” any issues while rehearsing it in your mind’s eye. When you feel comfortable – move on.

- 5 Now go through the movie again and increase the intensity by another 10% - really go for it! When you're finished, evaluate your performance, including your reaction or lack of belief that you could go more intensely.
- 6 Once all the issues are cleared, you'll do 1 more round increasing the intensity by 10%. Again evaluate your performance and tap out any issues that came up then....Play the movie one last time in real time.
- 7 Finish by tapping around the right ear and state:

“I’ve got it!”
“I’m ready!”
“I’m focused!”
“I’m confident!”
“Victory is MINE.....
YESSSSSSSS!”



REVIEW

- ▣ Using visualization while tapping eliminates the mental blocks and beliefs that get in your way of performing with confidence
- ▣ A visualization is a short movie you mentally create
- ▣ Run through the movie and observe where you're feeling nervous or not performing your best
- ▣ Make note of the areas you want to address and tap on each area of concern
- ▣ Run the movie again and notice if the areas you tapped on are still intense or are they gone
- ▣ Progressively increase the intensity of the movie by increasing the speed, decreasing the time, adding parents, coaches or the opposite sex etc..

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- ▶ Do 3 rounds increasing the intensity by 10%. If you think that's crazy - tap that "out" first!!!
- ▶ The last round is how you want it to ideally play out
- ▶ Rehearse as much as possible whenever a concern or issue comes up
- ▶ Practice makes happy, high performing people

GET STARTED

Make a list of things you're working on that you wish were going faster or easier or were less stressful. Add to the list important events coming up.

This can include things you're learning or working on, conversations you want to, need to, or have to have, job interviews or loan applications.....anything!

Now.....Choose one and get started!

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