

The FAST Pathways® Academy - Getting Artistic

Your mind's eye pictures are one of the main components of your thinking, and those pictures' characteristics (their size, movement, colour, focus etc) can often have more of an effect on the way you feel, than the picture's content - what's in it.



Typically, when someone's preparing for a challenging event – a test or assessment, a presentation, or a difficult conversation; when they think of it, they'll start to run their own inner disaster movie, showing everything which could possibly go wrong. And when their imagination starts to run riot, it can really get in the way of them giving that situation their best.

So in this exercise, we're going to explore some completely different way to change the characteristics of your mind's-eye pictures, so you can start replacing their unpleasant effects with the way you'd like to feel instead.

Sarah's Jigsaw

Sarah's anxiety had been steadily increasing for years. It began with a specific incident, but by the time she discovered FAST Pathways, it had generalised to a whole range of other situations. She felt a constant state of raised alert, which was having so many negative impacts.

She began to change her mind's eye pictures by shrinking them down, and turning them into paintings and sketches. Almost straight away, her mind had taken this a step further – she found them turning into jigsaws, with the pieces getting smaller and indistinct, and starting to break apart and disappear. It's great when the imagination picks up and change and runs its own way with it...

Within minutes she was no longer able to think of the situation with the same anxiety it used to generate. And so began Sarah's smooth journey smoothly back towards life as she wants it, anxiety free.