

The FAST Pathways® Academy – ‘Mental Rehearsal’ in Action

Matt was introduced to FAST Pathways by his driving instructor, a few days before he was due to take his second driving test. He was 17 years old, and had taken to driving like a duck to water... Until he took his first test – when he’d had the unfortunate experience of freezing with fear in the middle of a junction.

It was so bad that his examiner had to get out of the car and pretty much peel him out of the driver’s seat, with an audience of less than appreciative motorists whose journeys he was delaying. It was a very uncomfortable drive (by his examiner) back to the Test Centre.

With his re-test looming, every time Matt thought about taking it again, he was completely flooded with the embarrassment and shame he’d experienced, and couldn’t entertain the thought of even turning up at the Test Centre, let alone getting in the car with an examiner. His many attempts at ‘mind over matter’, and much reassurance and encouragement from his instructor and family members, had made no ground at all.



So he embarked on designing his Mind Movie ‘My Driving Test’, taking it step by step from leaving the house, all the way to getting his result. He directed his leading actor through every stage of the assessment, fine tuning what he was doing, how he looked, and even how he sounded as he spoke.

After a couple of run throughs, he imagined experiencing that whole scene again, this time through his own eyes, as vividly as he could – feeling the support of the driver’s seat, the slight vibration of the engine, and all the things he had to keep checking and adjusting to drive safely.

He even put in some adverse conditions – a little rain, heavy traffic, awkward questions, making sure that his leading man took it all smoothly in his stride. In total, he spent about 20 minutes designing that scene until he was completely comfortable with every element.

A few days later, he aced his second test, without a single thought of what had happened the first time. Because sometimes, for mind to triumph over matter, it just needs the right guidance...