

# „Visualize your fear and eliminate it”

Creativity applied to fear (activity 11)

# „Creating Wellbeing“

## CREATIVITY APPLIED TO FEAR

### 1. NAME OF THE ACTIVITY

“Visualize your fear and eliminate it”

### 2. DESCRIPTION

There exists a technique as to how we can eliminate fear from our mind by the means of physical elimination of its model. Psychologists say that by eliminating the model of fear, or the picture of it, we subconsciously throw it away from our mind. This activity helps to manage the fears, take control of them, get closer to them and get rid of them, because in this way the person can visualize it clearly, create its model on the paper and then delete it.

### 3. OBJECTIVES

- Visualize fears and control them
- Realize clearly what the motive for your fear is
- Do a psychological parallel between the fear itself and its model – imagine that by physically erasing the picture from the sheet of paper, you are also erasing the fear from your mind.

### 4. RESOURCES AND MATERIALS

- Sheets of paper
- Pencils
- Erasers

### 5. IMPLEMENTATION – INSTRUCTION

The activity is to be implemented individually, although the moderator can do it with groups, but it is very important that every person do it on their own (the topic of fear can be very personal and is not to be shared with the others.)

The moderator has to create a relaxing atmosphere for the person/group. All the participants should focus on themselves and visualize their fear. They can be creative as for the form – if it is an object, it is easy to draw, and if it is an abstract term, it can also be presented as an object, or they can just put down the word. The same idea can be presented in many ways, it depends on the imagination of every person. For example, the fear of coronavirus can be presented as a picture of the virus, or just the word “CORONAVIRUS”.

It is up to every person how they want to present their fear. They should have some time allocated to draw it, and after that all of them must perform the same action- take the eraser and eliminate the picture from the paper. It is a psychological technique when they can extrapolate what they have just done on the paper, with their mind. This is to be said by the moderator that this activity is important to get the fear out of one’s mind.

## 6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

Another way to perform this activity can be creating a model of the fear. They can use other materials, such as plasticine. Their imagination will be the key to the model created. The idea is the same – to make it and destroy it.

## 7. EXPECTED RESULTS

- Participants are expected to understand that they can control all their emotions including fear.
- Participants are expected to understand, that in order to overcome their fear, they should not avoid it, on the contrary, they should visualize it to understand themselves well, and it will enable fear management.

## 8. PREPARED BY



