

## Your Visualization Form

Please provide as much information as possible to help develop a specific and effective visualization.

1. Name: \_\_\_\_\_
2. Do you prefer a nickname? If so, please write it here: \_\_\_\_\_
3. Please number the following scenes in order you prefer, with "1" being the most highly preferred:
  - a. \_\_\_\_ Laying on the beach
  - b. \_\_\_\_ Watching a sunset at the beach
  - c. \_\_\_\_ Watching a sunrise from a mountain top
  - d. \_\_\_\_ Walking in the woods (at night? Or during the day?)
  - e. \_\_\_\_ Walking in the rain
  - f. \_\_\_\_ Walking through a meadow
  - g. \_\_\_\_ Being near a waterfall
  - h. \_\_\_\_ Taking a train through the country
  - i. Standing on a high-rise balcony overlooking the city
4. What colors seem most vibrant and alive to you? \_\_\_\_\_  
\_\_\_\_\_
5. Is there anything these colors remind you of? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. What smells are more enticing to you? \_\_\_\_\_

---

---

7. What textures or surfaces do you like? (e.g., include satiny, silky, poofy, smooth, etc.)

---

---

---

8. What sounds are most appealing to you? \_\_\_\_\_

---

---

9. What sights are most aesthetic to you? (for example, the Mona Lisa, the Star of David, a sunset, an animal, etc.) \_\_\_\_\_

---

---

10. What feeling words are most appealing? (calm, peaceful, serene, etc.). Please list a minimum of 5: \_\_\_\_\_

---

---

---

Once you have completed this form, please send it and a check/money order payable to: Dr. Serena Wadhwa, Psy.D., LCPC, CADC 405 N. Wabash, Ste. 3912, Chicago, IL 60611.