

# Visualization critical thinking

[Experience](#), [Memories](#)



Rapp and Kurby (n. d. as cited in Gilbert, 2008, p. 25) define visualization as “any form of physical presentation designed to make an abstract concept visible”. It usually entails focusing of attention on an imagined or real object. It involves cognitive brain processes. The concept has wide application in fields such as psychology and education. In this paper, I will evaluate my feelings of a visualization experience and describe what can be learnt from such an experience.

In my case, I found visualization to be a valuable and insightful experience. Imagination of relaxed and positive situations evoked actual physical relaxation. Visualization of images from my past and my current and future expectations, on the other hand, enabled me to explore and define my inner thoughts, aspirations, fears, and desires.

On the learning that can be derived from visualization; the experience provides useful insights on a variety of things and issues. It aids in the recognition of one’s inner strengths and capacities as well as different perspectives of an issue or a problem. The process fosters creativity by helping one to analyze situations from different perspectives. For instance, imagination of a potential conflict situation may help in the identification of the causes of the conflict and possible solutions to the problem.

Visualization also helps in the identification of repressed memories and unresolved conflicts from one’s past that maybe interfering with current functioning. These negative forces are usually hidden from the conscience and are deciphered from visualization of images from one’s past.

Imagination additionally helps one to express and define inner longings and desires. These emotions can then be translated into realistic life goals.

Engaging in visualization also helps one to practice and perfect ways of dealing with stressors. It is sometimes impossible to physically leave anxiety provoking and distressing situations. Visualization of positive and relaxing images and scenarios though can help one to mitigate the effect of negative emotions and stress.

In conclusion, visualization was a valuable and informative experience for me. The process provides useful insights into repressed memories and conflicts, varied perspectives of an issue, inner longings and desires, future expectations, and ways of handling life stressors.

## **References**

Gilbert, J. K., Reiner, M., & Nakleh, M. (2008). *Visualization: Theory and practice in science education*. New York, NY: Springer Science.