



THE POINTER AND SCALE SYSTEM

THE PERFORMANCE
PROJECT

THE POINTER AND SCALE

Imagine a meter stick sticking up in the ground

The meter stick shows 100 at the top and 0 at the bottom

On the meter stick there is a pointer that can easily move up and down. This pointer measures your subconscious rate of comfort

When you are feeling stressed or anxious it can be up in the 80's, 90's or almost 100. When you are calm and relaxed the pointer will be somewhere between 0-10

When you are feeling stressed in your mind imagine the meter stick and see the pointer, it might be high up. Now concentrate on moving that pointer down slowly. Encourage your mind to bring it low down, all the way to zero.

This technique will encourage your stress levels to reduce from giving you a mental visual representation of your stress levels decreasing.