

## **Mental Visualization Training (MVT)**

The purpose of this is to train the subconscious to respond instinctively to the situations.

The issue is not "if" you will experience these situations, it is "when".

If there is no training for these situations, the most common reaction is to over-brake or over-steer, which is how many people have been injured or killed in traffic crashes.

The training consists of setting aside quiet time. Work on one statement at a time. Read the statement and its proper response. Then close your eyes and visualize yourself driving a vehicle and mentally go through the steps over and over of what you just read.

The more this is done, the greater the chances are that you will respond correctly when the situations occur.

**\*Drop off right side of road\***

**FOOT OFF GAS - GRADUALLY STEER BACK ON.  
DO NOT SWERVE !**

**\*Animal runs out in front of you (or coming out towards the road)\***

**DO NOT SWERVE! BRAKE ACCORDINGLY**

**\*Dead animal or debris in your lane\***

**DO NOT SWERVE! BRAKE ACCORDINGLY  
Steer around if able to do safely**

**\*Come up to curve too fast\***

**BRAKE !**

**If you think you have reduced your speed enough to make the turn  
RELEASE THE BRAKE & TURN**

**If you know there is no way you can make the curve  
CONTINUE TO BRAKE AND STEER STRAIGHT OFF**

### **DO NOT BRAKE IN THE CURVE !**

It is a bad habit to continue to brake when steering into curves. You should get speed down prior to curve, release the brake and steer into the curve. NOTE: this is a technique for sharper curves on a continuous roadway. Obviously, there are times braking in a curve is necessary such as on exits ramps when needing to continuing to slow.

### **SET UP FOR SHARP CURVES**

Sharp curve to the left, you should be to the right in your lane and angle in a little early entering the curve. This reduces how sharp you need to steer in the curve and reduces the risk of losing control if the curve is sharper than you realize. It allows for a little extra pavement to work with. The opposite goes for sharp right curves.

**\*Start to lose control – ice / snow / rain\* FOOT OFF GAS - DO NOT HIT THE BRAKE**

**IMMEDIATELY (AND GRADUALLY) STEER INTO SKID  
(if the car begins to straighten up, they straighten the wheel)**

Mental Visualization training – has been used since the 70's by law enforcement and many athletes to include Jack Nicklaus, Tiger Woods, Olympic competitors, and even heavyweight boxing champion Muhammad Ali. Only recently have some education systems come to understand the value of this type of training.