



How to Cure Overwhelming Performance Anxiety & Create Breakthrough Confidence

Please answer the following questions as honestly as possible.

Think back to a last previous bad performance in a high pressure competition in which you suffered crippling performance anxiety / intense nerves.

Write down your **DIAGNOSIS** for why you were so nervous / stressed out based on what was happening in your event (e.g., errors you were making, conditions you were presented with, an opponent who was affecting you, strategy that wasn't working, people who were pressuring you, etc.). Keep it simple. For example, Alexis said, "The other players are hitting the ball harder and faster - I was getting to the ball too slow."

Write down the technical or tactical errors you made. For example, if you were playing tennis but were not watching the ball closely, note that you were having trouble getting set up for your shots. If you were golfing and not connected to your swing rhythm, note what happened to your drives as a result.

Now, come up with a proper Right Focus that will correct this problem. For example, Alexis decided to watch the ball - to the point where she could see the writing on the ball. Branden decided to perfect his serve and a drop shot and be more flexible in his match strategy.

You can borrow what you wrote down in the *Courage to Win in Sport* on page 24 to answer this question. Make sure you record why it is easy and natural for you to use this Right Focus because of your special gifts as an athlete:

Write down the benefits of being able to get back to your Right Focus when you are anxious and stressed out:
