



# SPORTS PERFORMANCE ANXIETY COACH

## Is Performance Anxiety Holding You Back?

Name:                      Sport:                      Email:

*Directions: Check off all statements that apply to your situation.*

- You are highly motivated to achieve your goals and want to succeed badly.
- You perform consistently better during practice than you do during competition.
- You are self-conscious and worry about what others think about your ability.
- You worry about embarrassing yourself in front of others if you lose or mess up.
- You worry about letting others down by not performing up to others' expectations.
- You have some anxiety, worry, or excess tension prior to or during competition.
- Pre-game jitters stay with you well into the competition and don't go away quickly.
- You are motivated by fear of failure and it affects your performance in competition.
- You perform primarily for external rewards, accolades, recognition, or praise.
- You judge your self-worth based on how well you perform in sports (or your success).
- You think everyone knows you are failing when not performing well.
- You get upset easily when you are not achieving your expectations.
- You often feel too excited or amped up to perform your best in competition.
- You feel distracted or confused when you perform under pressure.
- You have more doubts during competition than you typically have in practice.
- When doing well, you tend to protect your lead and try not to mess up.
- You become easily frustrated when you think you are letting others down.
- You cannot perform with freedom or trust in times of adversity or pressure.
- You think too much about technique to perform effortlessly in competition.
- You have trouble concentrating in the here and now and focus too much on outcomes.
- You think too much about consequences of your performance, good or bad.
- You overanalyze mistakes (technique) and thus think too much about fixing it.
- You feel you have less self-confidence in competition compared to practice.
- You limit your performance with negative self-labels such as "I am a choker."
- You can't forget past poor performances and think they "haunt" you.
- Your anger or frustration gets in the way of performing your best.
- After performing poorly, you feel like hiding from others and not talking about it.
- If you fail, you're worried that you have to change your future plans for sport.
- You are frequently disappointed with your performance and wish it could be better.
- You have a burning desire to be the best ever at your sport or just want to know how to improve your mental game.

If you checked one or more of the boxes above, your performance anxiety is holding your back from performing your best in competition. You might benefit from mental game coaching with Dr. Cohn. Dr. Cohn can meet with you to discuss how to improve your mental toughness and perform as will in competition as you do in practice.

After you complete the test, please re-save and email to Dr. Cohn at [Patrick@peaksports.com](mailto:Patrick@peaksports.com) or fax to 407-909-1789. If you want to get started today and learn more about the options for mental training, please call **Dr. Patrick Cohn** at 888-742-7225.