

Performance Anxiety

Definition



Apprehension and fear of the consequences of being unable to perform a task or of performing it at a level that will raise expectations [APA, 2018]

Symptoms

Emotional

Irrational fear
Worry
Embarrassment
Self-doubt

Cognitive

Negative thoughts
Excessive self- criticism
Unrealistic expectations
Heightened focus on failure

Physical

Increase heart rate
Shortness of breath
Trembling
Sweating
Dry mouth
Gastrointestinal issues
Muscle tension.

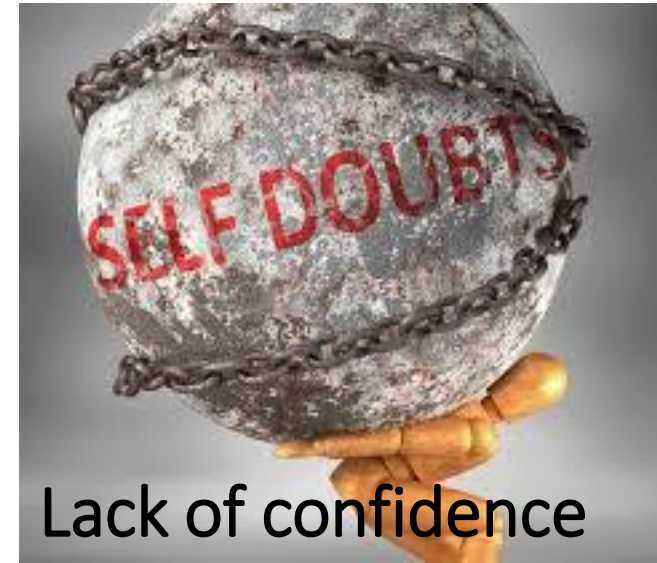
Behavioral

Avoiding situations
Withdrawing from interactions
Displaying impaired performances

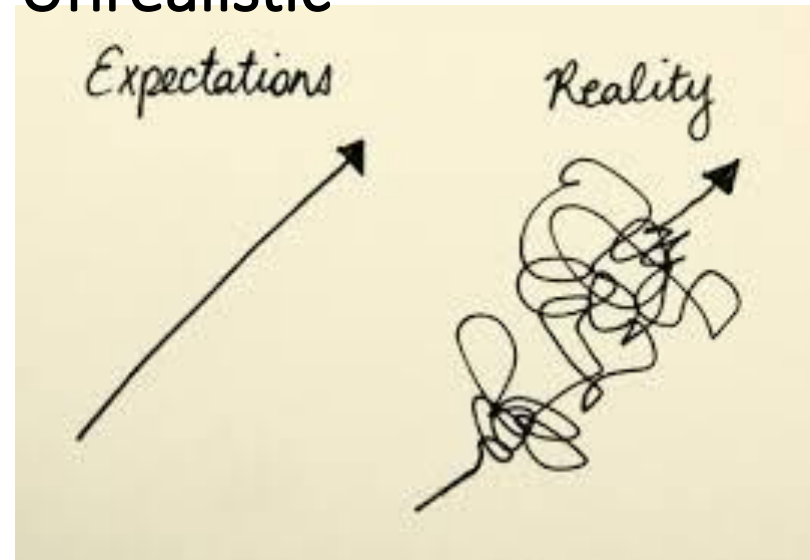
Interpersonal consequences

Strain relationships
Distant / uncooperative
Social isolation and
Increased pressure.

Three main causes: Kremer et al., 2019; Angelidis et al., 2019



Unrealistic



So what to do?
Challenge your
Thought process

The performer benefits from considering what they expect of themselves by reflecting on the following questions (Kremer et al., 2019):

- *Do I expect to deliver a flawless performance every time I perform, regardless of the situation or context?*
- *Am I considering giving up entirely if I don't succeed in this specific performance or event?*
- *Is it helpful to set my highest expectations consistently in every performance?*
- *Do I believe that failure in my performance equates to failure as a person?*
- *If I can't be the best in my field, does that make all the time and effort I've invested in training and practice pointless?*

Acceptance & Commitment Therapy [ACT]



IT'S RAINING

i don't like rain.
i wish it wasn't raining.
my day would be better
if it wasn't raining. my day is
ruined. every day is like this.
it's always like this. why does
it always rain when all i want is
for it to be sunny?



IT'S RAINING

yup.

Acceptance
Your Emotions
Your Sensations
Your Urges
Your flashbacks



Defusion

Thoughts are not facts!
Not necessary to respond to it
Not permanent either!



5000 YEAR OLD
SOLUTION TO
OVERCOME
PERFORMANCE
ANXIETY

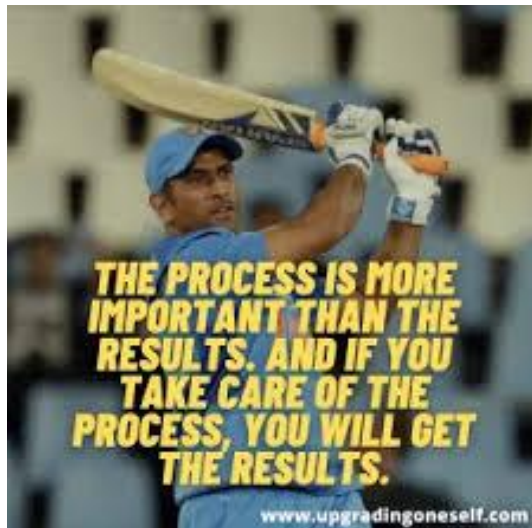
#WisdomShots



कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते संगोऽस्त्वकर्मणि ॥

Translation

*You have the right to work, but never to its fruits.
Let not the fruits of action be your motive
nor let your attachment to be the
cause of inaction*



THE PROCESS IS MORE
IMPORTANT THAN THE
RESULTS. AND IF YOU
TAKE CARE OF THE
PROCESS, YOU WILL GET
THE RESULTS.

www.upgradingoneself.com

Focus on Process to Kill Performance Anxiety