

Pre-Performance Anxiety Worksheet for Athletes

Pre-performance anxiety is an intensified mental and/or physical state that occurs before an athlete participates in a sports event (i.e., game, practice) or task within sport (i.e., penalty shot, free kick). It is common for an athlete to feel pre-game jitters or nerves, but sometimes those feelings can become too much to manage, and you can feel overwhelmed. This worksheet asks you to reflect on your experiences with PPA. You will indicate which symptoms you experience, any strategies you may have for managing PPA, and how you feel your performance is impacted by PPA.

What sport situation(s) do you associate with pre-performance anxiety?

Section A: Some symptoms of pre-performance anxiety are listed below. Please check all the symptoms you feel apply to you on a typical day. Next to each symptom you check, please circle how you feel about the symptom; does it help you get ready to perform, or does it make you feel anxious to perform?

Symptom	✓	Ready to perform	Anxious to perform
Muscle Tension		Ready to perform	Anxious to perform
Negative Self-Talk		Ready to perform	Anxious to perform
Increased Heart Rate		Ready to perform	Anxious to perform
Increased Breathing Rate		Ready to perform	Anxious to perform
Indecision		Ready to perform	Anxious to perform
Poor concentration		Ready to perform	Anxious to perform
Twitching		Ready to perform	Anxious to perform
Defensiveness		Ready to perform	Anxious to perform
Pacing		Ready to perform	Anxious to perform
Butterflies		Ready to perform	Anxious to perform
Cold Sweat		Ready to perform	Anxious to perform
Forgetfulness		Ready to perform	Anxious to perform
Loss of Sleep		Ready to perform	Anxious to perform
Repetitive Movements		Ready to perform	Anxious to perform
Lack of Confidence		Ready to perform	Anxious to perform
Confusion		Ready to perform	Anxious to perform
Avoiding Eye Contact		Ready to perform	Anxious to perform
Aggression		Ready to perform	Anxious to perform
Vomiting		Ready to perform	Anxious to perform
Loss of appetite		Ready to perform	Anxious to perform
Feelings of weakness		Ready to perform	Anxious to perform
Frustration		Ready to perform	Anxious to perform
Clammy hands		Ready to perform	Anxious to perform
Fidgeting		Ready to perform	Anxious to perform

Section B: Do you have any strategies for managing or controlling your feelings of pre-performance anxiety? Please list any strategies you use or have used to try and manage feelings of pre-performance anxiety. The first box has an example for you to get an idea of how to fill in the table. You do not have to fill all the provided spaces – you may not have any strategies yet and that’s okay!

Strategy
When I feel myself getting anxious before a game I always stop what I am doing and take three big deep breaths

Section C: If/when you experience feelings of pre-performance anxiety, how do you feel your performance is impacted?

Section D: How does pre-performance anxiety impact you? Please check all the things you feel are impacted when you experience pre-performance anxiety, and circle whether they are positively or negatively impacted. If you find there is an item not impacted, leave that section blank.

	✓	Positively Impacted	Negatively Impacted
Confidence		+	-
Motivation		+	-
Concentration/Attention		+	-
Performance		+	-
Desire to Succeed		+	-
Relationship with teammate(s)		+	-
Relationship with coach(es)		+	-
Thoughts about yourself		+	-
Thoughts about others		+	-
Stress Level		+	-

When you have completed the worksheet, return it to your coach (if you are comfortable doing so). This will allow them to help you determine the appropriate strategies you can use to manage your symptoms of pre-performance anxiety.