

Performance Anxiety Checklist

Below is a checklist to identify your **CURRENT** anxiety symptoms. Check all that apply. Then add up the endorsed items and write it below

Physical

- Muscle tension in the neck, throat and shoulders
- Rapid heart rate
- Trembling
- Shortness of breath, shallow breathing
- Sweating
- Dry mouth
- Nausea
- Dizziness
- Physical rigidity and clumsiness
- Fatigue
- Jumpiness
- Problems sleeping
- Loss of appetite or emotional overeating
- Digestive problems, stomach aches

TOTAL: _____

Cognitive

- Intrusive, repetitive or racing thoughts
- Obsessive worries
- Catastrophic thinking
- Lapses in concentration
- Distractability
- Negative thoughts about the performance
- Critical thoughts about one self
- All or nothing thinking
- Disqualifying the positive
- Overgeneralization
- Jumping to erroneous conclusions
- Emotional reasoning (feelings dictate what is true)
- Personalizing (experiencing an external event as self-critical when it has nothing to do with you)

TOTAL: _____

Emotional

- Anxiety
- Fear and fear of fear
- Irritability and anger
- Low mood
- Emotional volatility
- Reactivity to external events, brittleness
- Shame and fear of shame

TOTAL: _____

Psychological

- Feelings of inadequacy
- Fear of disapproval
- Irrational fears about the performance
- Perfectionism
- Self-worth tied to performance outcome
- Psychosomatic reactions

TOTAL: _____

Behavioral

- Avoidance of practicing,
- Avoidance of performing
- Self-sabotage behaviors
- Procrastination

TOTAL: _____

SELF-SCORING THIS CHECKLIST

LIST THE CATEGORIES WITH THE MOST AND LEAST NUMBER OF SYMPTOMS:

MOST: _____

LEAST: _____

