

## ENHANCING PERFORMANCE

TARGET PROBLEM (A)	PERFORMANCE INTERFERING THOUGHTS (B)	EMOTIONAL/BEHAVIOURAL/ PHYSIOLOGICAL REACTION (C)	PERFORMANCE ENHANCING THOUGHTS	EFFECTIVE NEW APPROACH TO PROBLEM
<p><i>Anticipation of arriving late for an important meeting</i></p>	<p><i>I must arrive on time</i></p> <p><i>This is going to look terrible</i></p> <p><i>I've blown my chances of a bonus</i></p> <p><i>I'm going to look so nervous</i></p>	<p><i>Stressed and anxious</i></p> <p><i>Anxiety</i></p> <p><i>Depressed and Angry at self</i></p> <p><i>High Anxiety</i></p> <p><i>Driving fast and not concentrating</i></p> <p><i>Palpitations</i></p>	<p><i>Although I say I 'must' arrive on time, realistically, I cannot control the world</i></p> <p><i>I may be late but it's not the end of the world</i></p> <p><i>It's unlikely that I'll be judged on one event</i></p> <p><i>Doubt they will notice. And I can take the opportunity to use my relaxation skills</i></p> <p><i>If I carry on like this i could crash the car. Slow down!</i></p>	<p><i>Decide which items to leave out of the meeting and arrive feeling relatively calm.</i></p> <p><i>Remind myself to stay focused on the task.</i></p>

