

Pressure of Performance

Highly Sensitive People tend not to perform as well when they are being observed - so this is entirely normal. However research shows us that if we can reframe or the way we think about the anxiety that can come with being observed, we will perform better.

For example anxiety and excitement have similar physiological symptoms - if we can reassure ourselves how we are feeling is normal and see it as a challenge rather than a threat, then we will perform better.

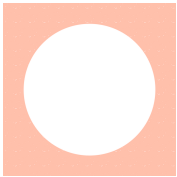
Remember all the times things have gone well - and envision things going well this time. Remember the brain can't tell the difference between real and imagined!

When did you last have feedback from a manager / supervisor? What type of feedback / support would be useful? What ways are you currently putting pressure on yourself?

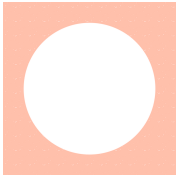


Pressure of Performance cont.

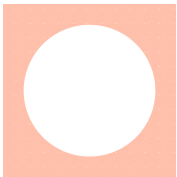
What is behind this pressure?



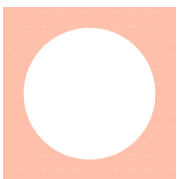
Feedback - e.g. manager, supervisor....



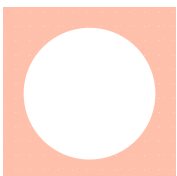
Things people have said in passing....



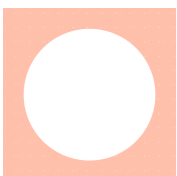
Things I think people are thinking / saying.....



Things that have happened previously...



Pressure I put on myself....



My thoughts...

Anything else?