

## WORKSHEET VI-5.

### What's Your Usual Face of Pressure?

You can choose to have one of two faces in response to pressure. One face accepts and embraces nerves as normal and communicates confidence and eagerness to rise to the challenge of a match. The other face tries to fight the nerves and communicates doubt and worry over the challenge. Table VI-5 provides an example of the basic attributes of each of the two faces.

Which one of these is the face you usually show? Which one of these is the face you want to show? The exercise involves doing the following two steps:

- Step #1. In the left column, add to these examples any other negative thoughts you have when facing performance or competition pressure.
- Step #2. Then, in the right column, like the examples listed, rephrase it in a positive way that allows you to embrace and accept the pressure and use it to energize yourself and have fun facing the challenge!

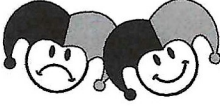
<b>TWO FACES OF PRESSURE</b>	
	
<b>Usually Anxious About the Challenge</b>	<b>Usually Eager for the Challenge</b>
Pressure is a burden.	Pressure is a privilege.
You're anxious and worried.	You're grateful to be out here.
Feeling nerves means you're weak.	Feeling nerves means you're normal.
You have to fight your nerves.	You accept your nerves.
Fun is for after the contest.	The battle IS the fun.
You have to win.	You'd like to win, but have to learn.

Table VI-5. What's Your Usual Face of Pressure? exercise