

# EMOTION AND PERFORMANCE INTERFERENCE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please record performance situations that occurred during the past week, the emotion(s) experienced, the degree to which these emotions interfered with performance, and how these emotions interfered with performance:

<b>Situation</b>	<b>Emotion + Intensity (0 - 10)</b>	<b>Interference + Intensity (0 - 10)</b>	<b>Impact on Performance</b>

(Adapted from Gardner & Moore, 2007)

