

EMOTION AND PERFORMANCE INTERFERENCE

Name: _____

Date: _____

The following exercise may help you identify patterns in behaviour and their effect on your performance.

1. List three performance situations from the past week.
2. Identify any emotion(s) experienced and their intensity (out of 10).
3. Specify how these emotions interfered with your performance and the intensity of their interference (out of 10).
4. Note how this emotional interference impacted your performance.

Situation	Emotion & Intensity	Interference & Intensity	Impact on Performance
e.g. Received lots of redirection	e.g. Shame, 7/10	e.g. Self-focus, 9/10	e.g. Performance got even worse

(Adapted from Gardner & Moore, 2007)

