Test Anxiety – Practice Positive Self-Talk

* Take a look at the examples of negative vs. positive statements below. Keeping a positive attitude during a testing situation can make a huge difference in your stress level and success.

|  |  |
| --- | --- |
| **Negative Self-Talk** | **Positive Self-Talk** |
| "I'll never get finished." | "Just take it one step at a time." |
| "If I miss this, I've really blown it." | "Some tension is inevitable; no need to worry about it." |
| "Why am I so nervous? I hate feeling like this. I know I'm going to fail." | "I studied and I am confident I will do my best." |
| "Everyone else is doing better than me." | "I'm doing fine. I am only concerned about myself."  |
| "If I fail this test, my life will fall apart." | "Even if I don't do as well as I'd like, it's not the end of the world." |
| "I've got to rush. Everyone else is finishing before me." | "I'm going to take all the time I need. If I am the last one finished, that means I will do better than everyone else." |
| "Oh no! I studied this one but my mind is just going blank!" | "I'll skip this question and go on to some easier ones. I'll come back to it later." |
| "I know I missed the last answer. I should have gotten it!" | "Even if I miss a few questions, that doesn't bother me. I can still get a good grade." |