



TEST ANXIETY

List of Self -Verbalizations: The list below contains some common thoughts and worries which many test anxious people have. Check those with which you can identify most. Feel free to add statements that more accurately reflect what usually goes on in your head. Then study your list and see if you can change any of your worrying thoughts. Ask yourself: How rational is each thought? How much evidence do you have for such a belief? Can you change your thought to something reasonable?

A. Worry About Performance

- I should have studied more...I'll never get through.
- I just want to finish and get out of here and hope for the best.
- I don't know anything...what's the matter with me.
- My mind's a blank...I'll never get the answer...I must really be stupid.
- I can't figure out what the professor wants...no way I'll do well on this test.
- I can't remember a thing...this always happens to me...I never do well on anything.
- Only 10 minutes left...there are so many questions...I'll never get through everything.
- I just can't think...why did I ever take this course.
- It's no use...might as well give up.
- I knew this stuff yesterday...what's wrong with me.
- My mind's a blank...I'm just not cut out for this.
- I have to get an A...smart people always get A's.
- This stuff is easy...I should get everything right.
- This is terrible, absolutely the worst test I've ever had.
- I'm just a no good, terrible, worthless person.

B. Worry About Bodily Reactions

- I'm sick...I'll never get through.
- I'm sweating all over...it's really hot in here.
- My hands are shaking again...can't even hold the lousy pen.
- My stomach's going crazy...churning and jumping.

- Here it comes...I'm getting really tense again...normal people just don't get like this.

C. Worry About How Others Are Doing

- I know everyone's doing better than I am.
- I must be the dumbest one in the class.
- I'm going to be the last one done again...I must really be stupid.
- No one else seems to be having trouble...am I the only one?

D. Worry About Possible Negative Consequences: If I fail this test, I'll:

- flunk the course.
- be kicked out of school.
- never get into graduate school.
- have to get A's on the midterm and final.
- have to go to summer school.
- never get a good grade.
- never graduate on time.
- never get the kind of job I want.
- my family (or friends, boyfriend/girlfriend, teacher, etc.) will really be disappointed in me...I'll never be able to face them again.
- everyone will think I'm stupid...I'll really be embarrassed.

*****Thanks to: Test Anxiety: Counseling Services, University at Buffalo**