

# **Why Most Athletes Stay Stuck in Performance Anxiety**

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Every athlete wants to perform at their best. But when the pressure builds and anxiety kicks in, it's easy to think something's wrong with you. I've even had athletes consider quitting their sports because the pressure has become unbearable. They think they will never be able to get a handle on their pre-performance anxiety.

Let's walk through the common cycle I see athletes get caught in—so you can spot it, break it, and build confidence that actually lasts.

## **1. Feel Pressure to Perform**

You care deeply about your sport—and that makes the stakes feel high.

## **2. Train Harder, Hope That's Enough**

The go-to fix? More reps. More drills. More pushing through.

## **3. Feel “Kinda Ready” and Compete Anyway**

You tell yourself: “I've trained for this.” But deep down, something still feels off.

## **4. Performance Suffers Under Pressure**

Your mind races, body tightens, and you leave frustrated knowing that wasn't your best.

## **5. Confidence Takes a Hit**

You start overthinking everything. Second-guessing your abilities.

## **6. Repeat the Cycle or Try Something New**

More training, more pressure, same outcome.

OR... you choose to do something different.

## **7. Start Mental Training**

You begin practicing tools to manage nerves, build focus, and shift your mindset.

## **8. Learn How to Compete with Confidence**

Now you've got strategies for pressure moments. You stay composed. You trust your prep.

## **9. Perform with More Calm + Control**

This is where things click. Not because the nerves disappear—but because you know how to handle them.

## **10. You Show Up as the Athlete You Know You Are**

And the best part? That confidence carries with you—on and off the field.

### **Key Takeaway:**

Performance anxiety isn't a sign you're weak. It's a sign your mind needs reps too.

Mental training helps you rise when the pressure's on.

# Why Most Athletes Struggle with Performance Anxiety

