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# **Pay Close Attention To Individuals That Have Solved Performance Stress And Anxiety Issues**

Performance is a multi-dimensional dynamic that applies to many aspects and venues of life: academics, career, money making, public speaking, relationship building, sex, communication, sports, the performing arts and more. [metacafe:4761842/;link:Proof That You Can Make 500 wkly!!!;http://www.metacafe.com/watch/4761842/]

"Performance" is actually multi-dimensional because it consists of a "mind set which include thoughts, frame of mind, and feelings, as well as physiology and also behaviour.

The fact that performance concerns are at the basis in social anxiety - the anxiety disorder of the millennium characterizes our highly cut-throat competitive and technological society. The fact that levels of competition and also technologies is certainly increasing every single day is a reality of life, which most people of all ages find extremely troubling and not fair.

Common performance problems include fear of public speaking, fear of communicating, fear of groups, fear of intimacy, fear of being noticeably nervous as in blushing and sweating, fear of losing control, fear of panicking in public, fear of making mistakes in general and in specific venues like the athletic venues, school, or on stage, and eating disorders. When this fear/anxiety reaches the point where avoidance occurs, a phobia is present!

Logic teaches that experience will teach and improve skills and self-confidence. Often logic is overwhelmed by emotions of embarrassment, shame, and humiliation which create avoidance and handicap the maturing of skills to deal with performance anxiety. This avoidance perpetuates anxiety and inhibits self-esteem. It could possibly create depression, career dysfunction, family chaos, and many problems related to stress, including deep blushing and severe sweating.

But the only way to really deal with fear is to face it head on because in most cases the fear is perpetuated by not knowing or understanding your opposition because as you become more prepared or more knowledgeable about a situation the less anxiety you will have about it. So pursue knowledge and understanding and most of your fears about what your facing will disappear.

And that which doesn't is merely anxiety about being able to do your very best, but if your prepared and you have done all your home work you'll be fine. Bare this in mind your biggest opponent is yourself, so don't knock your self out of the game by not being highly prepared to win.

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