



EMDR Therapy & Performance Anxiety

Why do capable people struggle under pressure?

Performance anxiety is rarely about a lack of skill or preparation. It is often driven by the nervous system's stress response, which can become overactivated during high-stakes moments. EMDR therapy helps calm this response so individuals can access their abilities more naturally.

What Is EMDR Therapy?

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based therapy that helps the brain reprocess distressing memories, emotional reactions, and body sensations that contribute to anxiety and performance disruption.

How EMDR Helps Reduce Performance Anxiety

When past pressure, mistakes, or fear of failure become linked to present-day performance, the nervous system may react as if danger is present. EMDR helps break this link so the body and mind can respond with calm focus rather than fear.

EMDR Can Support Individuals Experiencing:

- Performance anxiety
- Overthinking or freezing under pressure
- Loss of confidence or flow
- Fear of making mistakes
- Task-specific performance blocks (including the yips)

What Performance-Focused EMDR Looks Like

Sessions focus on moments when performance became disrupted, confidence declined, or pressure increased. Treatment is structured, collaborative, and aligned with the individual's performance goals.

The Goal of EMDR

The goal is not to eliminate nerves or push harder, but to help the nervous system return to a balanced state where training, skill, and confidence are accessible when it matters most.