

Driving Test Anxiety



This is a Self Help Guide developed to support learner drivers to self manage [anxiety](#) in preparation for their driving test

A bit about me - I am Simon Harrison a driving instructor at [4front Driving School](#) and Therapist at [Mind and Therapy](#). I wanted to put together a free self help guide to support learner drivers to help them overcome Driving Test Anxiety.

At the end of the day - you are the one taking your driving test, you have spent many hours preparing for it with your instructor and this is your moment to shine and show the examiner what you can do, that you are a safe, competent driver. Don't let your nerves get the better of you. I hope this guide will help you overcome any issues you may encounter in your preparation for your test.

It is designed to cover strategies using TFT (Thought field therapy)

techniques. It covers CBT techniques (Cognitive Behavioural Therapy) with examples and strategies and Neuro linguistics strategies.



Have Control In Your Driving Test

Are you gearing up for your driving test? Don't let your emotions get the best of you! Even if you try to hide it, nerves and stress can take hold of anyone, especially during a challenging task like driving.

But here's the thing: you have the power to control your emotions and succeed! Are you feeling confident, focused, and ready to show off your skills? Or are you overwhelmed by fear and doubts?

To become a skilled and confident driver, it's crucial to take charge of your emotions. Don't let them steer you off course! With the right mindset and a positive attitude, you can conquer your driving test and earn your licence with flying colours. So take a deep breath, trust yourself, and drive on towards success!

Thought Field Therapy Techniques

Thought Field Therapy (TFT) is a technique that can be used to help manage anxiety and negative emotions by tapping on specific meridian points on the body. Here are some TFT techniques you can use to help manage anxiety in preparation for your driving test:

If you're preparing for a driving test, you may feel nervous or anxious about the outcome. These emotions can impact your performance during the test, leading to mistakes and further stress. However, there is a technique known as Thought Field Therapy (TFT) that you can use to alleviate your driving test nerves. TFT is a self-help method that uses tapping on specific points on your body to stimulate energy and alleviate negative emotions. In this instructional blog post, we'll guide you through the steps to apply TFT to overcome driving test nerves.

Step 1: Identify the Emotion

The first step is to identify the specific emotion that you want to overcome. In this case, it may be fear or anxiety related to the driving test. Be specific and try to pinpoint the emotion that is most overwhelming.

Step 2: Rate the Emotion

Once you have identified the emotion, rate its intensity on a scale of 0-10, with 10 being the most intense. This rating will serve as a baseline to help you track your progress.

Step 3: Find the Tapping Points

TFT involves tapping on specific points on your body, known as acupressure points. These points are located on the face, torso, and hands. Here are the tapping points you'll need for this exercise:

- Karate chop (side of hand)
- Inner eyebrow
- Outer eyebrow
- Under the eye
- Under the nose
- Chin
- Collarbone
- Under the arm
- Top of the head

Step 4: Tap on the Karate Chop Point

Begin by tapping on the karate chop point on the side of your hand with the fingertips of your other hand. While tapping, repeat a setup statement to acknowledge the emotion you want to overcome, such as "Even though I feel anxious about my driving test, I deeply and completely accept myself." Repeat the statement three times while tapping.

Step 5: Tap on the Other Points

Next, tap on the remaining points in the order listed above. As you tap each point, repeat a reminder phrase related to the emotion you want to overcome, such as "This driving test anxiety" or "This fear of failure." Continue tapping on each point while repeating the reminder phrase until you have gone through all the points.

Step 6: Check the Intensity Rating

After tapping on all the points, rate the intensity of the emotion again on a scale of 0-10. If the intensity has decreased, you can continue with additional rounds of tapping. If the intensity has not decreased, you can change the setup statement or reminder phrase to better suit your specific situation.

Step 7: Repeat as Needed

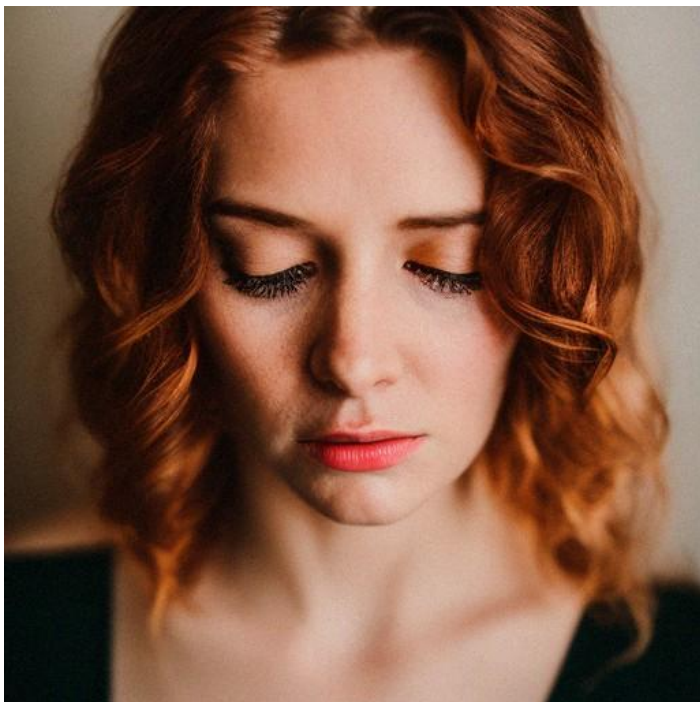
Continue tapping on the points and repeating the setup statement and reminder phrase until you feel a significant decrease in the intensity of the emotion. You can use this technique before your driving test to help alleviate your nerves and improve your performance.

In conclusion, TFT can be a helpful technique to overcome driving test nerves. By identifying the emotion, rating its intensity, finding the tapping points, tapping on the points while repeating setup statements and reminder phrases, and rating the intensity again, you can use TFT to alleviate your anxiety and improve your performance. Remember to be patient with yourself and give yourself time to feel the benefits of TFT. With practice, you'll be able to apply this technique whenever you need it to help overcome driving test nerves or other stressful situations.

In every moment, find a reason to smile
A chance for joy, all the while
Look for the good, in every situation
It'll change your outlook, without
hesitation
With positive thoughts, you'll conquer your
fears
And spread happiness, throughout the
years
So hold your head up, and walk with grace
For positivity, will light up your face.

Mind & Therapy

Simon Harrison @ Mind and Therapy



Cognitive Behavioral Therapy (CBT) Techniques

Cognitive Behavioral Therapy (CBT) is a type of therapy that helps people change negative thought patterns and behaviours. Here are some CBT techniques you can use to help manage anxiety in preparation for your driving test:

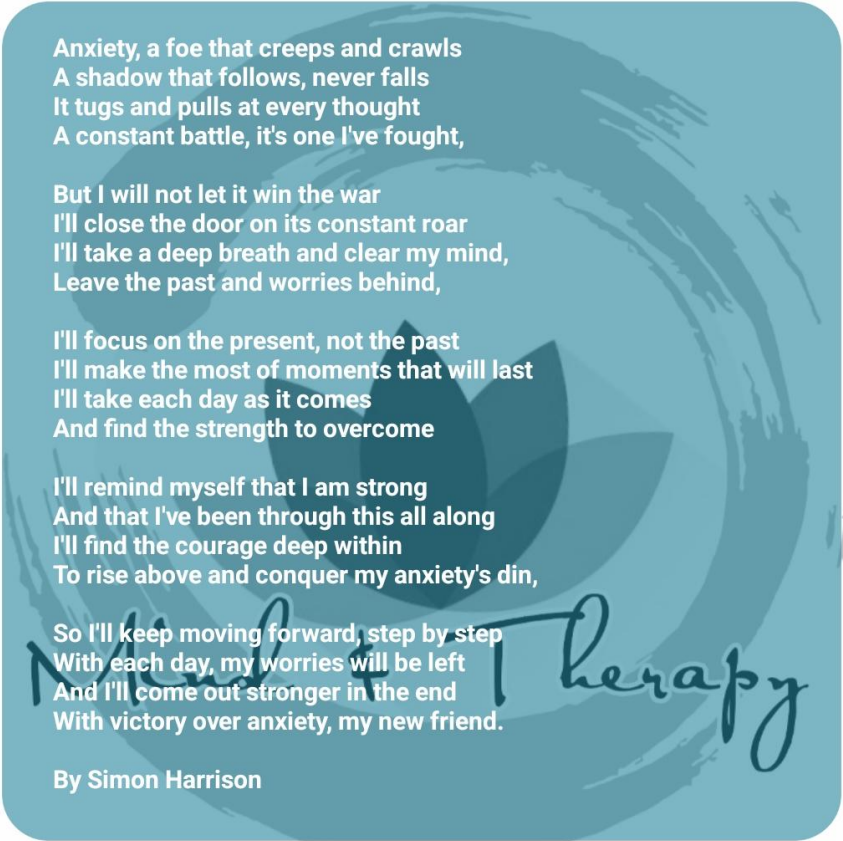
Identify negative thoughts: The first step is to identify negative thoughts you have about your driving test. These thoughts could include "I'm going to fail" or "I'm not a good driver."

Challenge negative thoughts: Once you have identified negative thoughts, challenge them with evidence. For example, if you think

"I'm going to fail," challenge that thought by reminding yourself of times when you have succeeded in the past.

Replace negative thoughts with positive ones: After challenging negative thoughts, replace them with positive ones. For example, if you think "I'm not a good driver," replace that thought with "I am a capable driver and have practiced a lot."

Practice relaxation techniques: In addition to challenging negative thoughts, practice relaxation techniques such as deep breathing or progressive muscle relaxation to help reduce anxiety.



Anxiety, a foe that creeps and crawls
A shadow that follows, never falls
It tugs and pulls at every thought
A constant battle, it's one I've fought,

But I will not let it win the war
I'll close the door on its constant roar
I'll take a deep breath and clear my mind,
Leave the past and worries behind,

I'll focus on the present, not the past
I'll make the most of moments that will last
I'll take each day as it comes
And find the strength to overcome

I'll remind myself that I am strong
And that I've been through this all along
I'll find the courage deep within
To rise above and conquer my anxiety's din,

So I'll keep moving forward, step by step
With each day, my worries will be left
And I'll come out stronger in the end
With victory over anxiety, my new friend.

By Simon Harrison

**Awareness:
Seeing with your mind**

**What you see ahead of
you is interpreted by
your mind from existing
knowledge and
experience.**

Mind & Therapy



Neuro Linguistic Programming (NLP) Techniques

Neuro Linguistic Programming (NLP) is a technique that can be used to help change negative thought patterns and behaviours. Here are some NLP techniques you can use to help manage anxiety in preparation for your driving test:

Visualise success: Visualisation is a powerful tool for reducing anxiety. Visualise yourself successfully passing your driving test, driving confidently on the road, and feeling proud of your achievement.

Change your self-talk: Self-talk can greatly impact our emotions and behaviours. Change negative self-talk such as "I can't do this" to positive self-talk such as "I am capable and confident."

Use anchoring: Anchoring is a technique that involves associating a positive emotion with a physical gesture or object. Choose a positive emotion such as confidence and associate it with a physical gesture such as squeezing your thumb and forefinger together. Whenever you feel anxious, use the physical gesture to access the positive emotion.

Reframe negative experiences:

Learning to drive can be a challenging experience, and negative experiences during this process can make it even more difficult. However, it is important to reframe these negative experiences in a way that prepares you for your driving test. Here are some ways to do so:

Use mistakes as learning opportunities: Every time you make a mistake, view it as a chance to learn and improve. Identify what went wrong, understand why it happened, and use this knowledge to avoid making the same mistake again.

Focus on progress, not perfection: Remember that learning to drive is a process, and it is normal to make mistakes along the way. Instead of beating yourself up over your mistakes, focus on the progress you have made so far and use it as motivation to keep going.

Practice visualisation: Visualise yourself driving confidently and successfully. This can help to boost your confidence and reduce anxiety when it comes to your driving test.

Seek support: Reach out to friends, family, or a professional driving instructor for support and guidance. Having a support system can help to alleviate anxiety and provide you with the tools you need to succeed.

Adopt a growth mindset: Embrace a growth mindset, which is the belief that intelligence and abilities can be developed through dedication and hard work. This mindset will allow you to approach learning to drive with a positive attitude and a willingness to learn and improve.

By reframing negative experiences in these ways, you can prepare yourself for your driving test with confidence and positivity.

Understanding Driving Test Anxiety

Learning to drive and taking your driving test can be a nerve-wracking experience. But, remember that you are not alone. Many learner drivers feel anxious and overwhelmed when it comes to taking their test. However, it's essential to have a positive mindset and approach to achieve success.

To help you prepare for your test, let's break down the four factors that can make a significant difference in your performance - Behaviours, Sensations, Emotions and Thoughts.

When it comes to Behaviours, it's essential to stay focused, take your time, and follow the road signs. Avoid rushing or hesitating at junctions and keep your attention on the road. You must believe in your abilities and trust that you have the skills to pass your test.

Sensations like heart racing or sweating palms are natural, but you can learn to control them. Take deep breaths and stay calm. Focus on your breathing and visualise yourself performing well. You've got this!

Emotions can be overwhelming, but you can turn them into positive energy. Instead of focusing on negative feelings like panic, fear, or doubt, visualize yourself passing the test and feel proud of your progress. Think positively and believe in yourself.

Finally, Thoughts can be powerful, so choose them wisely. Instead of negative self-talk like "I can't do this," tell yourself, "I can and will do this." Focus on your strengths and remind yourself of your past successes.

Remember, by using this approach, you could conquer your fears, pass your test, and become a confident driver. Stay positive, stay calm, and keep moving forward.

Focusing on the present moment can improve your Mindfulness

One of the key principles of mindfulness is to focus on the present moment. Instead of worrying about what might happen in the future or dwelling on mistakes you made in the past, focus on what's happening right now. Pay attention to the road ahead, the sounds of the engine, and the sensation of the steering wheel in your hands. When you focus on the present moment, you'll feel more grounded and less anxious.

Release your tension

If you're feeling tense or anxious, take a few moments to release that tension. You can do this by tensing and relaxing your muscles, starting from your toes

and working your way up to your head. Alternatively, you can try progressive muscle relaxation, which involves tensing and then relaxing each muscle group in turn. This technique can help you release physical tension and feel more relaxed and calm.

In conclusion, by practising mindfulness, you can overcome driving test nerves and feel more confident and prepared for your test. Remember to breathe deeply, practice visualisation, use positive self-talk, focus on the present moment, and release your tension. With these techniques, you can conquer your nerves and succeed on your driving test. Good luck!

Confidently Giving Your Best

Imagine yourself behind the wheel, fully present and in control. Every road sign and traffic signal is an opportunity for you to showcase your skills and abilities. Your mind is clear, and your body is relaxed, ready to take on any challenge that comes your way.

As you drive, you feel a sense of calm and confidence. You know that you have prepared for this moment and that you are capable of handling any situation that arises. Your breathing is steady, and your focus is unwavering. You are in complete control of your vehicle and your emotions.

As you approach your destination, you remind yourself that this is just another step in your journey. You have worked hard to get here, and you know that you can give your best. You are excited to see what the future holds, and you are confident that you have what it takes to succeed.

Remember, you have the power to give your best every day. With the right mindset and preparation, you can achieve anything you set your mind to. So take a deep breath, believe in yourself, and let your positive BEST shine through!

Find out more at:

www.mindandtherapy.co.uk

Counselling Therapy Loughborough

Follow us on [Instagram](#)

Follow us on [Facebook](#)

www.4frontdrivingschool.co.uk

Follow us on [Instagram](#)

Follow us on [Facebook](#)