

Chart XVII

Basic Needs and Test Anxiety

<u>Basic Needs</u>	<u>Source of Emotional Problem</u>	<u>Negative Self-Talk (Examples)</u>
Sense of Belonging	Excessive need for approval (fear of rejection)	“I must please others.” “I must not disappoint my parents and teachers.”
Power	Excessive need for perfection and/or accomplishment (fear of failure)	“I cannot make mistakes.” “I must get a high score.” “If I fail, I am a failure.”
Freedom	Excessive need for control (fear of loss of control)	“I must be in control.” “What happens if I fail?”
Fun	Excessive need for enjoyment (fear of unhappiness and depression)	“It’s only a test.” “What’s the big deal?”