

# Exam Anxiety

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You will be able to remember what you have learned.

You will recall the correct answers with ease because you are prepared.

You will take your examination with a relaxed body and a clear sharp mind.

The minute you pick up your exam questions you will be completely calm and relaxed.

You are very calm and relaxed.

You feel very confident because you have studied and prepared.

As you read the exam questions, the answers come to you easily.

You are very calm and relaxed.

You remember all of the information that you need.

You are very calm and relaxed.

Take one question at a time and you know that you will do well.

You are confident and relaxed.