DETAILS Listen again and choose the correct answers. 8.3

1. Allan Donald lost the game for South Africa because he was unable to _____.

   a. hit the ball far enough b. run when he needed to c. turn around

2. In normal life, if you are choking, _____.

   a. something is blocking your breathing b. you are thinking about breathing too much c. you are not performing well

3. An example of choking is when, at an important moment, a golfer _____.

   a. misses a difficult shot b. misses an easy shot c. never misses a shot

4. In soccer tournaments, well-known players are more likely to choke because they _____.

   a. want to win too much b. fear the other team c. are worried about losing respect

5. You start to sweat, your heart rate goes up, and you start to doubt yourself when you _____.

   a. feel anxiety b. do things you find easy c. can't coordinate your feet

6. Anxiety causes athletes to _____.

   a. stop thinking b. think naturally c. think too much

7. In the world of business, a bigger bonus may cause an employee to _____.

   a. underperform b. overperform c. perform as normal

8. In the state of flow, we _____.

   a. feel confident and can concentrate b. overthink everything we try to do c. always achieve our goal

9. In order to find a state of flow, you need a consistent routine, the ability to perform under pressure, and the ability to _____.

   a. push the next thing out of your mind b. think deeply about why something went wrong c. recover when things go wrong

LIVEWORKSHEETS