







# 7 Signs He Has Performance Anxiety at Work. Trapped in Fear

Does your usual social partner become distant after work, have trouble sleeping, and skip social events? These are signs he has performance anxiety. Performance anxiety, surprisingly common in guys at work, could be to blame. His crippling fear of falling short of others' expectations can harm a man's job, health, and even his relationships.

The good news is that you can help him deal with this problem by recognizing the signs he has performance anxiety. Here are some of the most common signs that your partner, coworker, friend, or even you are having trouble with performance anxiety at work.

Performance anxiety isn't just a trendy word; it's a real thing that lurks in the shadows of boardrooms and desks across corporate America. For guys in particular, it's a widespread problem that goes unnoticed and untreated often.

But what is the effect? Oh, I can feel it. Performance anxiety that isn't treated can destroy a man's job by eating away at his confidence and skills. In his daily life, it shows up as doubt and insecurity in his relationships. It's awful for your health, and your mind will keep hearing the effects long after the job is over.

Early detection of workplace stress symptoms is critical; it's the first step toward helping people stuck in the suffocating grip of fear.

It's hard to know what to do when you have performance anxiety at work. Every step you take feels like a leap into the unknown. Let's find our way through its twisting paths together and shed light on the signs that are easy to miss but carry a thousand weights.

Signs he has performance anxiety—let's unravel the mystery together.

## Understanding Performance Anxiety at Work

### Definition and Causes of Performance Anxiety

Understanding signs he has performance anxiety or work performance anxiety is more than just a racing heart and sweaty hands. It's a complicated mix of feelings and expectations that can make even the most intelligent people unable to do their jobs. Performance anxiety comes from a deep-seated fear of failing and a persistent feeling of not being good enough.

Performance anxiety has a lot of different reasons, just like the people who have it. For some, it's the constant stress of having to meet impossible standards and schedules. Others experience heavy feelings due to their continuous peer and boss scrutiny and fear of judgment.

But fear of the unknown—the uncertainty that comes with every new task and every uncharted territory—may be the most sneaky reason. It's the fear of going on stage and forgetting your lines or tripping and falling in front of your crowd.

