

# ANXIETY, TEST NERVES & “WHAT IF SOMETHING GOES WRONG?”

## What this booklet is

Many learners worry about making mistakes, in lessons or on the test.

This guide helps you feel grounded, calmer, and more prepared.

It isn't about being perfect. It's about being in control, even when something goes wrong.



## Essentials to Remember

It's Normal to Feel Nervous

Most drivers — even experienced ones — dislike being watched or judged.

Nerves aren't a sign of weakness. They're a sign you care.



### **Grounding Techniques (for before or during driving)**

Breathe in for 4 seconds, out for 6

Relax your shoulders

Wiggle your toes (breaks tension)

Name three things you can see

Place both hands gently on the wheel

These techniques calm your body enough for your brain to refocus.

### **Keep in Mind**

Nerves don't stop you passing.

Handling nerves is part of the skill — and you're already practising it.



### **What to Do If You Make a Mistake**

#### **In lessons:**

- Breathe
- Slow the car down
- Let John help
- Talk it through

Mistakes are part of learning. They don't "set you back".

#### **On the test:**

- Keep driving unless the examiner tells you to stop
- Not every mistake is a fail
- Slow down and recover
- Test examiners expect some nerves

### **Signs You're Doing Better Than You Think**

- Your control improves
- You correct mistakes calmly
- You remember more each week
- You ask questions
- You notice hazards earlier

Confidence grows quietly — often before you notice it.



### **What If Something Goes Wrong?**

If you stall:

- Reset calmly. Everyone stalls.

If you take a wrong turn:

- That's fine — the test isn't navigation.

If someone behind is impatient:

- You're not responsible for their mood.

If the examiner marks something:

- It doesn't automatically mean a fail.

If you forget a mirror check:

- Do the next one. Recovery is allowed.

# Notes / Questions

A series of horizontal dotted lines for writing notes or questions.