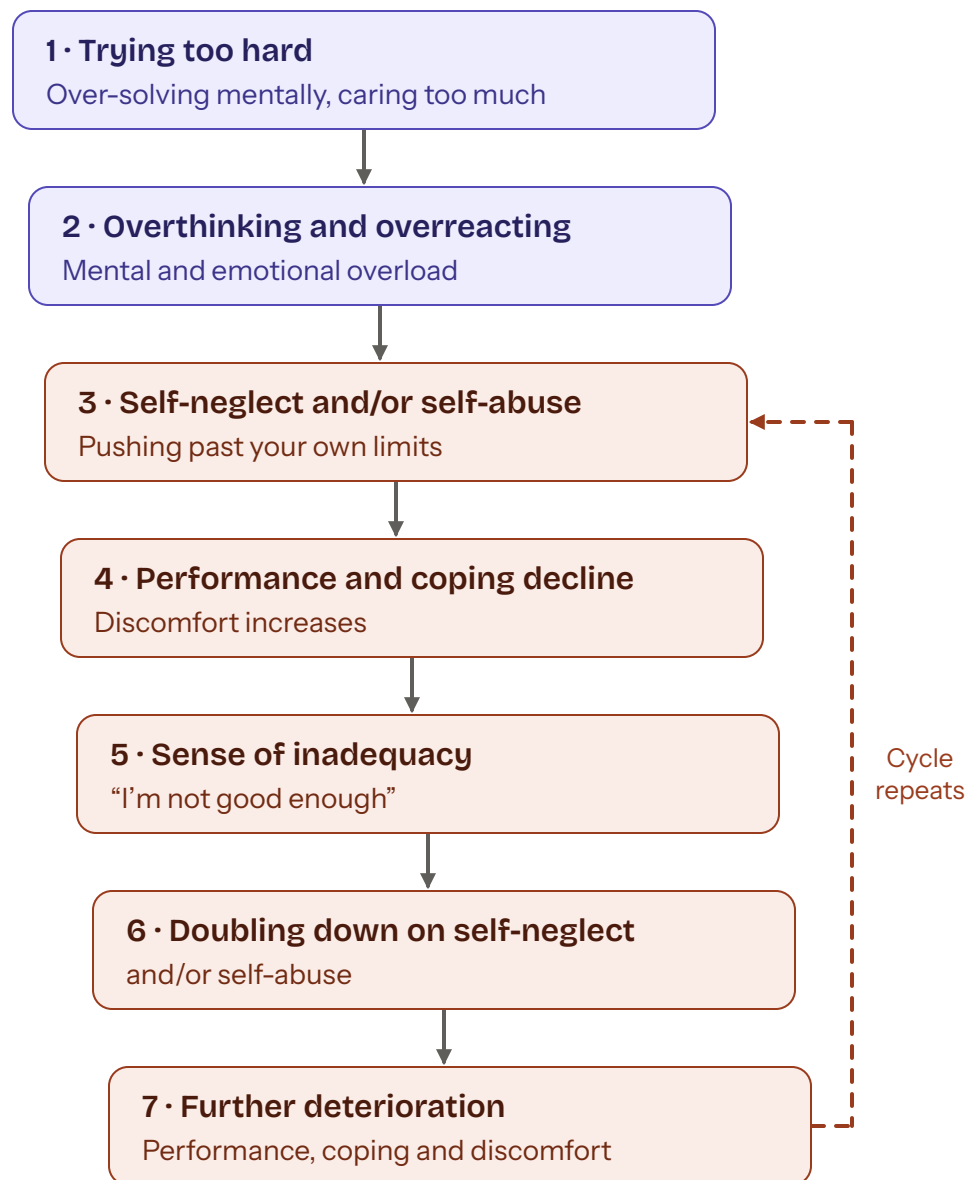


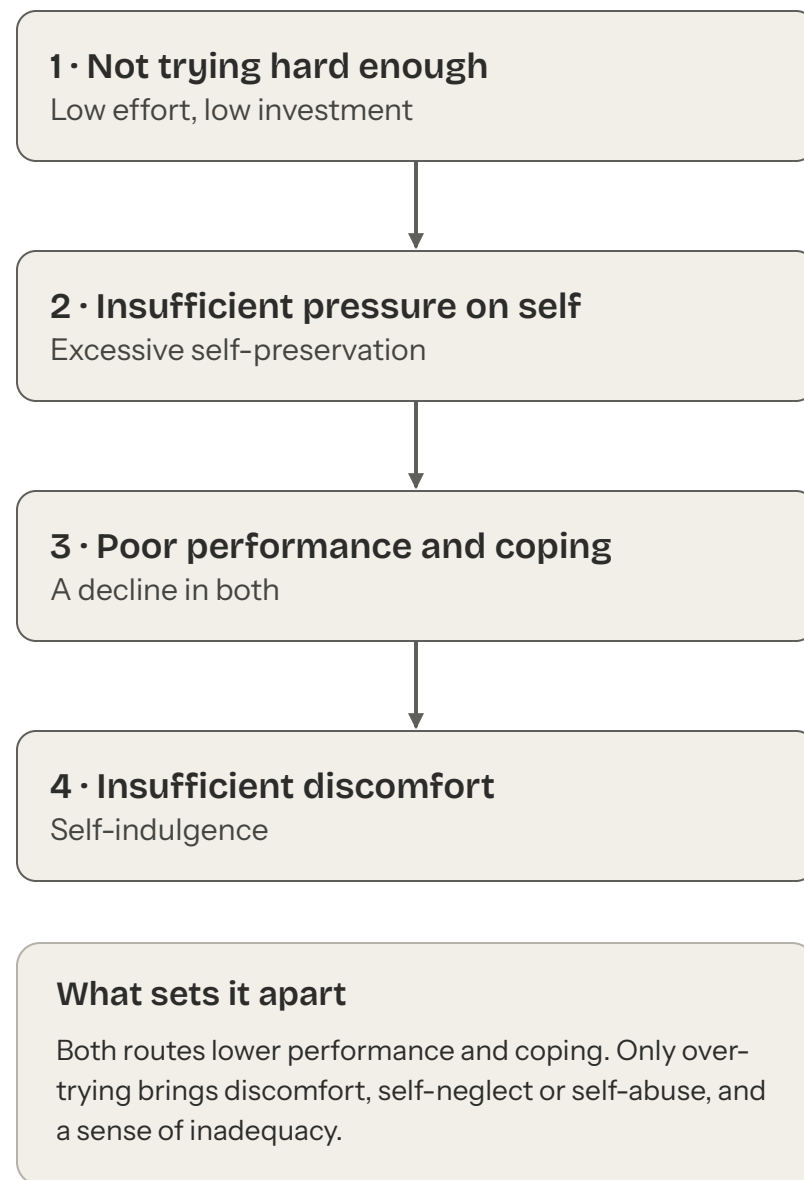
Two ways effort can go wrong

Trying too hard and not trying hard enough can both lower performance and coping, but they feel very different.

Trying too hard



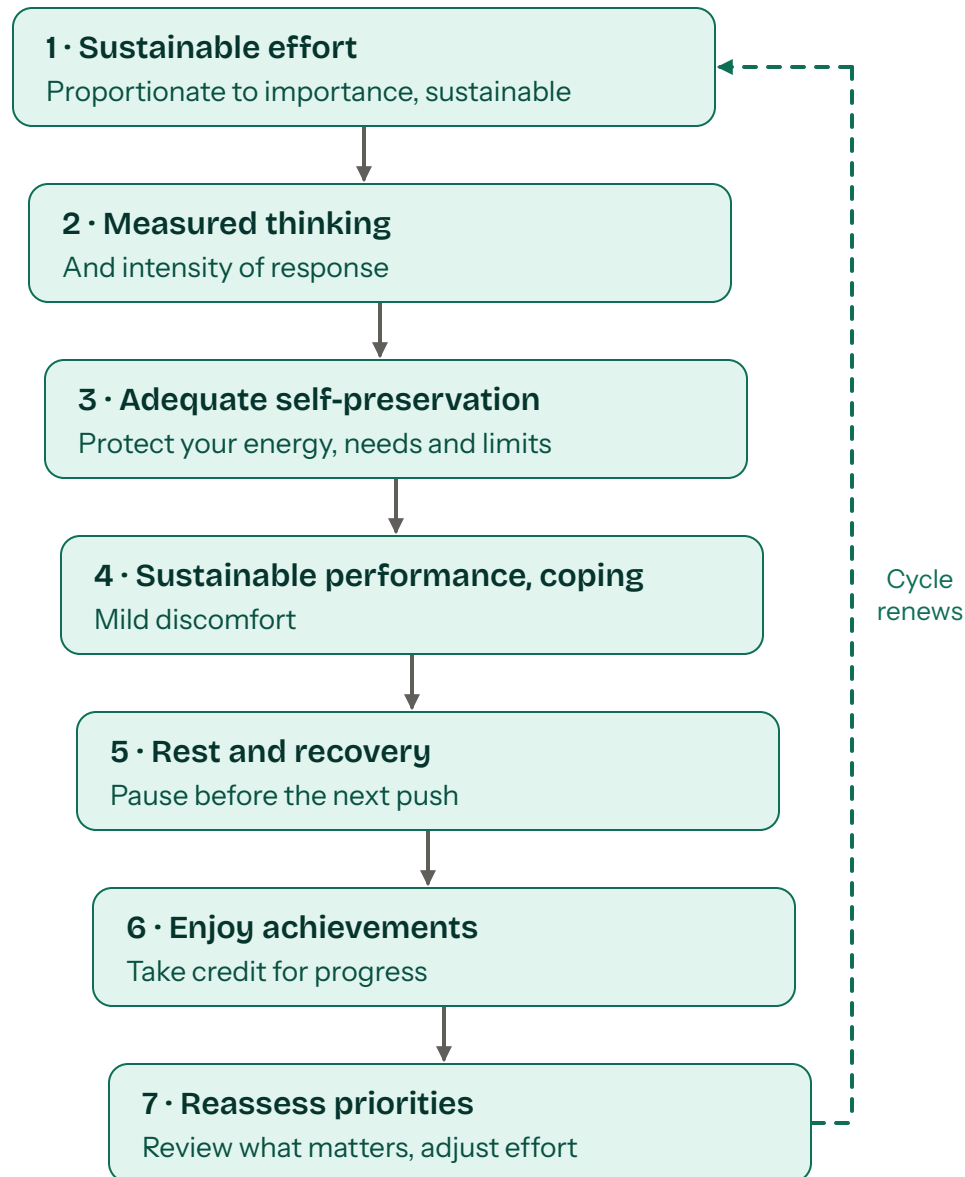
Not trying hard enough



Balanced effort, and how to tell

Balanced effort is proportionate and sustainable. The checks on the right help you see which way you are leaning.

Trying hard, in balance



Six ways to spot over-trying

Feeling “not good enough” does not mean you are under-trying. Discomfort with inadequacy points to over-trying.

- 1 Rest test**
Performance improves after rest, a break or time out. When under-trying, it worsens.
- 2 Medication test**
Performance improves on calming or sedating medication, taken as prescribed. When under-trying, it worsens.
- 3 Pressure test**
Performance gets worse with deadlines, being watched or higher stakes. When under-trying, it improves.
- 4 Time pattern**
Best when fresh, declining over hours, days or weeks, then recovering after days off or a holiday. This points to effort that goes on too long.
- 5 Discomfort**
Several checklist symptoms appear with the poor performance, such as neck, shoulder or jaw tension, racing heart, nausea or irritability.
- 6 Inadequacy**
You feel “not good enough” even though your record, or the people around you, show you are working hard.

Under-trying shows the opposite pattern. Take any medication as prescribed.