

## THE BERNSTEIN PERFORMANCE INVENTORY (BPI)

Recall a recent situation in which you had to perform in a particular time and place. Identify one that was difficult or challenging for you. It can include taking an examination, learning to ski in front of an instructor, or singing before an audience for the first time.

Visualize the details of the event, remembering the situation as clearly as you can. What happened and how did you feel about it? In a few words, describe in your journal what the context was for having to perform (SAT, GRE, musical audition, athletic competition, etc.) and how you felt about it.

*Below are nine statements. Read each one and record in your journal the appropriate number to the right of the statement to indicate how you felt during this performance situation.*

### Before the test began:

**Not at all    A little bit    Somewhat    A lot**

1. I felt calm and relaxed.	0	1	2	3
2. I was confident in my abilities.	0	1	2	3
3. I was able to focus on the task and do what I needed to do.	0	1	2	3

### As the test proceeded:

	<b>Not at all</b>	<b>A little bit</b>	<b>Somewhat</b>	<b>A lot</b>
4. I stayed calm the whole time.	0	1	2	3
5. I remained confident for the duration.	0	1	2	3
6. I retained my focus all the way through.	0	1	2	3
7. If I started feeling nervous, I knew how to calm down.	0	1	2	3
8. If my confidence slipped, I was able to retrieve it.	0	1	2	3
9. If I lost my focus, I knew how to get back on track.	0	1	2	3

After you have added your scores, make a diagram in your journal like the one below and fill in your total scores (see example on the next page).

