

The Driving Test is a test that probably tests your ability to stay calm under pressure more than it tests your ability to drive. Many good drivers fail their driving test first time round and even second time round. In fact you would not have to look far to find a good driver who took four or five attempts to pass their test but unfortunately like many they were succumb to anxiety as well as despondency on the day of their driving test.

Failing the driving test repeatedly has happened to many as a consequence of them getting trapped into a vicious anxiety symptom cycle where failing has resulted in future anxiety resulting in failing resulting in more future anxiety resulting in future failing, resulting in even more future anxiety, resulting in another future failing. This is how a person can find themselves still not being in the possession of a driving license after as many as seven attempts of sitting the driving test.

At Cognitive Harness we will teach you the art of mental rehearsal so that you are both more than physically as well as mentally prepared on the day of your driving test and your performance on the day of your test is not affected by pressure and that you remain confident in the moments leading up to your test, throughout the actual test to a degree where you even find yourself being allowed to enjoy your test. This will certainly maximise the chances of passing and bring the best driver out of you on the day of the test.

Phone 01436268576 or 07415652525 for a consultation where you will be taught the art of mental rehearsal and given exercises to take back home and do at least ten days in the run up to your driving test. You will also be taught the art of positive thinking that must be employed in the days leading up to your driving test.