Name:

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| **Self- Talk Awareness Exercise for the Athlete** |
| ***Directions****: Reflect carefully on the following questions as they relate to your current self-talk pattern.* |
| 1. When I Talk to Myself (In Training or Competition) What do I Tend to Say?     1. When I perform poorly:    2. When I perform well: |
| 1. What thoughts go through my mind when I see the content of a particularly hard training session? |
| 1. How Frequently do I talk to myself in Training?   Not at All Very Often   |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 | |
| 1. How Frequently Do I Talk to myself in Competition?  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Prior | 1 | 2 | 3 | 4 | 5 | | During | 1 | 2 | 3 | 4 | 5 | | After | 1 | 2 | 3 | 4 | 5 | |
| 1. What do I tend to say when I talk myself out of something? |
| 1. When I use Self-Talk, do I feel that I am setting myself up for failure or for success? Choose and explain. |
| 1. I Know What I Say to Myself Affects the Way I perform Because…. |