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 |

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| 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 |

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| 1. What do I tend to say when I talk myself out of something?
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| 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….
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