Self-talk

Exercise 1

Example:

A: Activating Event: coach has asked me to play in a different position which requires different skills

	Negative	Positive
B: Beliefs/Thoughts: ↓	"I can't mess this up, I really need to prove to him to I can be good at anything! But I just don't think I can do this!"	"It is an amazing opportunity; the coach clearly sees something in me. I am confident that I have what it takes!"
C: Emotional Consequences	Stress, anxiety, worry	Excitement, challenge
D: Athletic Consequences	Disruptive behaviours: poor concentration, poor communication, acting flustered	Constructive behaviours: focus, concentration, good communication, confident

Have a go at filling it out to your activating events!

A: Activating Event:

	Negative	Positive
B: Beliefs/Thoughts: ↓		
C: Emotional Consequences		
D: Athletic Consequences		

Exercise 2:

Think about a past or possible future situation, similar to Exercise 1. This time please indicate what negative self-talk would look or looked like in that situation. Then change that statement into a positive one. This exercise will help you identifying potential negative reactions which could have an effect on our feelings and behaviours as identified in Exercise 1. By practicing changing those statements into positive self-talk, we can react positively in situ, having a positive effect on our feelings and emotional, athletic behaviour.

Situation	Negative self-talk	Positive self-talk
Trying a new skill	"I can't do this; I will make a mistake"	"I might not be able to do it YET, but the more I try the better I'll get"

Exercise 3:

Thought Reframing

Situations	Reframing strategies
Situations I dislike or complain about that prevent me from performing my best	How can I reframe this situation as a positive challenge? What are the positives/benefits of this situation? How might I benefit from this situation? What can I learn from this situation?