

## How can Sport Psychology help you?

The first step in Sport Psychology is to look inside and do a self-assessment of your mental game. I will help you with this task as I've listed a number of options that you can scan.

Task:

So now, go on, print this page off or write down on a piece of paper if any of these signs reflect your performances. If you come across some feel free to pick up the phone or contact me about some mental game coaching, it is very likely I can help you.

1. You do not have well-defined goals or goal specificity. You lack direction.
2. You perform better in practice or training than during competition.
3. You are so self-conscious; you worry about what others think about your game.
4. You maintain many self-doubts about your performance before, during and after competing.
5. You worry about letting others down by not performing up to others expectations.
6. You are too self-conscious and worried about how others may perceive you.
7. You suffer from anxiety, worry, or excess tension when in competition.
8. Pre-game nerves do not go away after the first few minutes of matches.
9. You are motivated by fear of failure and it affects your performance in competition.
10. You have a fear of success and sabotage yourself when you are winning.
11. You are not sure why you play your sport or let others be your source of motivation.
12. You are motivated by external rewards, accolades, recognition, or praise.
13. You attach your self-worth to how well you perform.
14. You lose focus or have mental lapses during critical times during matches.
15. Your routines are not well defined or lack mental focus in routine.
16. You go through the motions physically without mental focus or intensity.
17. You are not excited enough or are too excited to perform your best in competition.
18. You are distracted by things that go on around you in your environment.



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19. You have doubts or negative thoughts before, during, or after competition.
20. Post-injury you cannot perform the way you did pre-injury even when 100% physically recovered.
21. When performing well you may sabotage your performance with a comfort zone (protect your lead) or expectations that limit your ability to press forward.
22. You become easily frustrated because of high expectations.
23. You cannot perform with freedom or trust in times of adversity or pressure.
24. You work on your mechanics or technique even when competing.
25. You do not concentrate in the here and now or focus only on execution.
26. You think of too much about consequences of your performance, good or bad.
27. You over analyze mistakes (technique) and thus think too much about technique.
28. You suffer from low self-confidence or self-esteem.
29. You limit your performance with negative self-labels such as "I am a choker."
30. You have trouble forgetting or letting go of bad past performances.

Can you identify with any of the above statements?

If so, well done. This is the first, and a very important step in improving your mental skills to aid your performance.

Feel free to contact me if you wish for further advice on how we could work together to help you.

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