

Changing Your Self-Talk

Describe a situation during practice or an event when you are likely to have negative thoughts and feelings and engage in negative self-talk.

How do you feed the monster in this situation? What are the negative statements you are likely to say to yourself?

1.

2.

3.

What emotions do you feel when you read through your negative thoughts?

How can you feed the athlete in this same situation? What positive statements can you use to replace your negative thoughts?

1.

2.

3.

What emotions do you feel when you read through your positive thoughts?