



## (5) Self-Talk



## 5. Self-Talk

- Successful athletes maintain their self-confidence during difficult times with realistic, positive self-talk.
- Sometimes their self-talk is based on "being your own best friend".
- At other times they use self-talk to produce specific thoughts, feelings and behaviors during competition.

# *My Positive Affirmations*

Positive affirmations are simple statements that help ward off anxieties and build confidence. They should be simple, positive, worded in the present tense, and true. Practicing these affirmations many times each day makes them powerful and effective in psyching up before competition. Write five positive affirmations that will be helpful for you.

1.

2.

3.

4.

5.

# Self-Talk Analysis

	Things I Say To Myself	Alternatives
Before Competition		
During Competition		
After Competition		

# Self-Talk Analysis

	Things I Say To Myself	Alternatives
Before Competition	<p>"I just have to head 80 today."</p> <p>"I just don't want to look bad."</p>	<p>"I will play my best, relaxed and focused"</p> <p>"I love this game."</p>
During Competition	<p>"Gotta stay out of that sand trap"</p> <p>Don't want to slice.</p>	<p>"I'll hit high and straight"</p> <p>"Straight ahead"</p> <p>"Back ... hit"</p>
After Competition	<p>"I'm really lousy"</p> <p>"I can't imagine how I could be as bad (a stuyed...)"</p>	<p>"Sook golfe ... bad day"</p> <p>"What have I learned today?"</p> <p>"a bad day on the golf course is better than a good day at the office"</p> <p>[Be your own best friend]</p>

# Positive Self-Talk

Athlete \_\_\_\_\_

Negative Self-Talk	Revision