***Confidence: Paying Attention to your Mental Game***

***Power Up Whole Athlete***

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Every single athlete faces setbacks. They might be major setbacks, like injuries, or minor ones, like missing a serve in practice. What you do with the setbacks is what matters. Learn to turn your internal critic around to work for you, rather than against you.

**Dealing with set-backs**

What is your go-to model for dealing with set-backs? What do you do when you’re not playing at the top of your game? When you get benched? When you serve it in the net? No judgement with this section, just notice what you typically do and jot it down in the space below….

**Best vs Worst Performance**

Take a moment to write down what was happening during your best match ever! Where were you? Who was with you? What were you doing well? What were your thoughts like? What did your match preparation look like? How did you feel?

Now take a moment to write down a match that didn’t go so well for you. What happened? Where were you? Who was with you? What was your mental game like? Physical game? How did you feel?

Take a look at those two answers. What % do you think your thoughts and mental attitude was a factor in the different performances?

**Mental Tricks**

*1.Focus on what you DO want rather than what you DON’T want (ex: Don’t serve it in the net🡪Serve the ball flat & deep into zone 5)*

One negative thing I tell myself that often then recreates itself is…..

 So, what I aim to tell myself instead is….

2. *Ask your inner critic “is this absolutely true?”*

 What’s one thing you believe to be “absolutely true” in the moment that has now become clear you need to challenge? (ex: When you shank the ball you say to yourself, “I’m the worst volleyball player EVER!”)

3. *Take an outsider’s perspective*

 What would your bestie on the team say in the moment you’re struggling? Jot down what they might tell you.

4. *REBT/ABC Model*

**Activating Event:** ex- Shank the ball

 My activating event in the past week was…

**Belief:** ex- “I’m an awful volleyball player, I don’t deserve to be on this team, my coach is going to be mad at me & so is my team…”

My belief after the activating event was…

**Consequences:** ex-I tense up, I don’t want the next pass, I shy away from the next ball

 My consequences (emotionally, physiologically) to the belief was…

**Disputation:** ex- “Wait a second, I’m a darn good volleyball player. It was just one pass, but I passed 3 balls in practice. I just need to keep my platform away from my body and my hips back. It’s ok to mess up.”

My disputation could have been…

**Effect:** ex-I’m more calm and relaxed, I distract myself by going to slap my teammate’s hand, my stress eases

In that moment, I would have been freed up to feel…

\*\*Note, this activity is best if you practice it with upcoming events. It’s one thing to imagine how you might have felt if you used this technique for a past event, but it’s another thing to put it in practice in the moment. Give it a try!