



FACING OUR WORRIES AND FEARS LIKE A CHAMPION

We all fear or worry about something – or a lot of things. Please take the next 3 minutes to write your TOP 3 fear – or things that give you that feeling of anxiety. Examples may include things like losing your significant other, not getting an A on a test, screwing up a big play or entering the game in a crucial situation. They can include the fear of REJECTION, RUIN, REGRET OR RESPONSIBILITY or they can include anxiety about things that are to come or things that have happened in the past that stick with us and serve as non-productive thoughts!

Write your worries or fears on the back side of this paper. This is FOR YOU. Write freely without editing your thoughts based on what you think others would say.

Based on what you wrote on the back of this paper, let's look at how we can FLIP your these thoughts and feelings and help you perform better in and out of competition by looking at the ABCDE's or this thought process/worry/fear.

A – ACTIVATING EVENT – What causes your biggest fear?

B – BELIEFS – BOTH RATIONAL AND IRRATIONAL – What do you believe about this fear?

C – CONSEQUENCES – What are the consequences of the beliefs you hold about this fear?

D – DISPUTATION – Generate one piece of evidence that points out the inaccuracy in your beliefs/fear. Generate a more accurate or optimistic alternative belief about your fear.

E – ENERGY – Write a sentence or two about how your disputation changed your energy? How did your mood change? What solutions did you see that you didn't see before?