

## Thought Adjustment Worksheet (adapted from Didymus & Fletcher, 2017)

A stressor is an environmental or personal pressure an athlete experiences that impacts their ability to cope emotionally or physically with the circumstances (Didymus & Fletcher, 2017; Nicholls, 2007). Using cognitive restructuring techniques, stressors can be acknowledged, processed, and rationalized, which can help athletes manage their feelings resulting from the stressor. Utilizing this strategy can help to ease the feelings of pre-performance anxiety an athlete may experience.

Fill out the table below with a stressor you have experienced in your sporting environment prior to performing and work through the table to follow the steps of cognitive restructuring. This table is a practice guide for beginners, however, as you become more familiar with the steps you may find you can work through them without the table and apply them in real time. If you find yourself rating your alternative thought as not very believable, create a new alternative thought while making sure you are thinking realistically about what you can do in your situation.

<b>1. Stressor</b>	<i>Describe the stressor clearly and concisely</i>	
<b>2. Negative Automatic Thoughts</b>	<i>What thoughts do you have about the stressor? Rate the believability of these thoughts from 0%-100%.</i>	
<b>3. Emotions</b>	<i>What are you feeling? Rate the intensity of these emotions from 0%-100%.</i>	
<b>4. Alternative Thoughts</b>	<i>What is a more positive thought you could have about this stressor? Rate the believability of these thoughts from 0%-100%.</i>	
<b>5. Alternative Emotions</b>	<i>How might you feel after having the alternative thought? Rate the intensity of these emotions from 0%-100%.</i>	