

# Competition experiences

Please answer yes or no.

1- Do you perform better in practice than during a competition?

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2- Do you suffer from anxiety, worry, or excess of tension prior and during competitions?

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3- Do you maintain self-doubt about your ability to defeat your opponents?

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4 - Are you too self-conscious and worried about how others may perceive you if you don't perform to others expectations?

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5 - Are you afraid of disappointing your coach, teammates, friends and/or family?

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6 - Are you afraid of making costly mistakes during your match?

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7 – Do you attach your self-worth to how well you perform in sports?

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8 - Do you have a hard time focusing on the “now”?

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9 - Do you think too much about consequences of your performance, good or bad?

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10 - Do you become easily frustrated because of high expectations?

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11 - Do you often dwell on mistakes?

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12 - Do you create negative self-labels such as “I do not perform well under pressure” or “I am a slow starter”?

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13 - Do you have the desire to be the best that you can be in best competitor that you can be, regardless of your belt or age group?

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