

NAME: _____ PER. _____ DATE: _____

ATTITUDE
Worksheet 18

Practice reframing these negative mental statements into positives. Read the examples and follow the same pattern for numbers 1-10.

Example A: Their crowd is in your face the whole game. They really give the other team an unfair advantage.

We can gain the upper hand by taking their crowd right out of the game. All we have to do is focus on our plan and use the heckling as a reminder to stay calm and do our job.

Example B: I hate playing in the wind!

The wind is going to upset my opponent more than me. I can use it to get an edge.

1) What a terrible mistake! And so early in the contest. It's gonna be one of those days.

2) They are so much taller than we are.

3) This crowd is really huge.

4) They have two all-conference athletes on their squad. We're in big trouble.

- 5) It's so cold I can barely feel my hands and feet. How can coach expect us to play in this weather?

- 6) She/he has beaten me six races in a row. Why should today be any different?

- 7) I feel so tired and broken down. I know I'm not going to play well.

- 8) This is going to be some of the worst officiating you'll ever see in your life.

- 9) Their school is bigger. They have more scholarships than we do. They have better training facilities. We haven't got a prayer.

- 10) Just my luck. We're all set to play and now we have this delay! Why does this always happen to me?

REFRAMING SETBACKS FROM PERMANENT TO TEMPORARY

Practice reframing your setbacks from permanent to temporary. Sometimes all it takes is a rewording. Read the examples and follow the same pattern for numbers 1-10.

Permanent	Temporary
E.g.: Why can't I ever swim fast when it counts? 1) We always blow the big lead 2) Whenever I try my best, I come short 3) The coach never plays me. 4) I just can't do it. 5) They're impossible to beat. 6) I'm a total head case 7) Our captain is unfair 8) I can't play in the wind 9) The referees are blind and unfair 10) Why bother; coach never listens to me anyway	E.G.: <i>I had a really bad race this morning.</i> 1) _____ _____ 2) _____ _____ 3) _____ _____ 4) _____ _____ 5) _____ _____ 6) _____ _____ 7) _____ _____ 8) _____ _____ 9) _____ _____ 10) _____ _____