

ABC Cognitive Restructuring to Change Negative to Positive

Negative thinking before, during and after competition can lead to lowered self-confidence and sub-optimal performance in your sport. Although you can't change what has happened (mistake, bad weather, event delays, bad officiating...) you can change your response!

Use the chart below to record your negative thoughts before, during and after practice and competition for the next week and then dispute these thoughts and beliefs in the last column.

How do you know if your thoughts are irrational or unproductive? Ask yourself these questions:

- Are the statements and beliefs based in reality and are they 100% true?
- Are these thoughts helpful and productive to you?
- Do these thoughts help you reach your short and long-term goals?

| Activating Event | Beliefs | Consequences | Dispute |
|--------------------|------------------------------|-------------------------------------|--------------------------|
| Describe the event | log the irrational self-talk | feelings, behaviors, body reactions | write rational responses |

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|------------------|---------|--------------|---------|
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