

GET OUT OF YOUR HEAD!

HEALTHY SELF-TALK TOOLS FOR ATHLETES

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REFRAMING:

Reframe a negative statement like "Uh! What am I doing wrong?" to a more external, process-driven statement. For example, "This training session is for learning," "This skill is a challenge, but you can do it," "Mistakes help us progress and improve ." Reframe the statement so that you aren't judging the work, you are simply stating information.

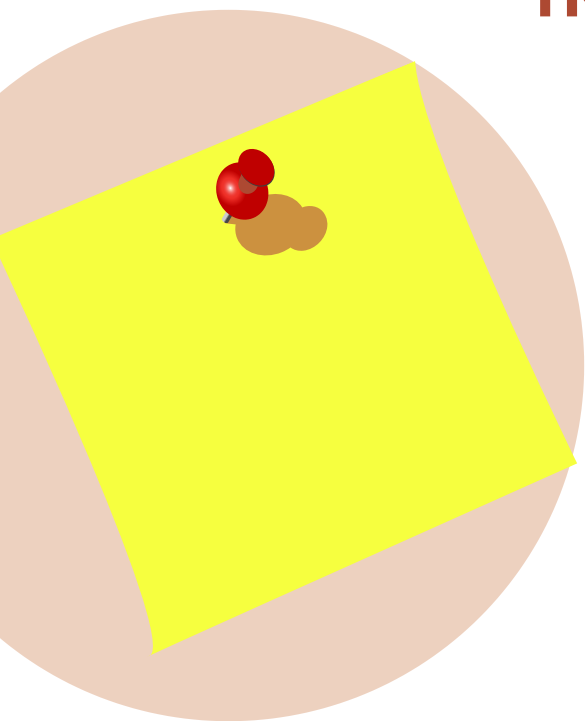
"YOU" STATEMENTS:

Statements that include "I" or "my," (like "my bad" or "I'm terrible today") attach emotion to our statement. Create some emotional space during competition by using "you" statements. You can speak to yourself in the third person like "This is a challenge, but you got this," or you can direct your statement to a teammate like "you need a faster pass," for example.



TRAINING TAKEAWAY:

Reviewing your training session with a "training takeaway" is a great way to create healthy self-talk. The questions focus on process and learning rather than solely the outcome (good/bad or win/loss). Here are some questions you might use: 1. what did I learn today? 2. What did I do well? 3. What needs improving? 4. What stopped my learning?



NERVES ARE YOUR SUPER POWER:

Nerves, stress or excitement can all be useful! Being nervous or jittery means we want to perform well and our performance is important to us. Instead of stuffing them or pushing them away, say "this is important, it's okay to feel nervous, you got this." Remember performance stress is useful to competition when we know how to harness it.

