REBT Sport Self-Help Form

SELF-DEFEATING PATH

When my *Activating Event (AE)* happens, I might think the following:

DEFEATING SELF-TALK

- ☹ **Dogmatic Demands (Musts, Absolutes, Shoulds):**
  - I *must* be perfect and never make mistakes.
- ☹ **Awfulizing (It's Awful, Terrible, Horrible!):**
  - It is *awful* when fans, coaches, teammates criticize me.
- ☹ **Low Frustration Tolerance (I *can't stand* it!):**
  - I *can't stand* wind sprints.
- ☹ **Self / Other Rating (I'm / he / she is bad, worthless):**
  - If I make several errors, it means I am a *terrible athlete* and therefore a *terrible person.*

SELF- DEFEATING EMOTION / AROUSAL LEVEL

- ☹ **Interfering Emotions:**
  - Anger, Rage, Embarrassment, Anxiety, etc.
- ☹ **Arousal Level:**
  - 0 (Total lethargy) to 100 (Mass Panic)

UNPRODUCTIVE OUTCOME

- ☹ **Choking**
- ☹ **Poor execution**
- ☹ **Poor decision-making**
- ☹ **Distracted** (preoccupied with the past unchangeable play)
- ☹ **Over-thinking**
- ☹ **Physical sensations** (i.e., out of breath, rapid heart beat, tense muscles)

ACTIVATING EVENT (AE)

- Briefly summarize the situation.
- What would a camera see?
- AEs can be an event in the past, present, or future.
- AEs can be internal, external, real or imagined.
- *Examples:*
  - Missing a free throw
  - Fans booing me
  - Lost a game
  - Coach assigns you to guard your opponent's best player

DISPUTING

- ▲ **Functional / Pragmatic:**
  - Where is believing in my defeating self-talk getting me?
  - Is it helping or hurting my performance?
- ▲ **Empirical:**
  - Where is the evidence that proves my defeating self-talk is right?
  - Is my defeating self-talk consistent with the reality of the situation?
- ▲ **Logical:**
  - Is my defeating self-talk logical?
  - Is it *really awful* (as bad as it could be)?
  - Can I *really not* stand it?

EFFECTIVE PATH

After DISPUTING →

When my A.E. happens, I **CHOOSE** to think the following:

RATIONAL SELF-TALK

- ☺ **Non-Dogmatic Preferences (wishes, wants, desires):**
  - Though I would **prefer** to not make mistakes, they are part of the game. Even Michael Jordan missed **11,497** shots and Babe Ruth struck out **1,330** times.
- ☺ **Accepting Badness (I can *accept* it but not *like* it):**
  - It is **unpleasant** when fans, coaches, teammates criticize me but it is not the end of the world.
- ☺ **High Frustration Tolerance (I don't *like* it, but I can *stand* it):**
  - I don't like wind sprints but I can certainly tolerate them. In fact, they help me become a better athlete.
- ☺ **Not Globally Rating Self or Others (I — and others — are fallible human beings):**
  - It is impossible to define me by any one set of behaviors. There is more to me than my actions. I can accept myself as a fallible human being.

IDEAL EMOTION / AROUSAL LEVEL

- ☺ **Helpful Emotions:**
  - Excitement, Disappointment, Concern, Frustration, etc.
- ☺ **Arousal Level:**
  - 0 (Total lethargy) to 100 (Mass Panic)

PRODUCTIVE OUTCOME

- ☺ **In the Flow of the Moment**
- ☺ **Good Execution**
- ☺ **Good Decision Making**
- ☺ **Focused**
- ☺ **Physical Sensations** (i.e., breathing well, proper heart beat, muscle warmth)
- ☺ **Having Fun**