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.

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.

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?

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