



# SILVER ATHLETE MENTAL TRAINING PROGRAM

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## Injury and Setbacks Practical Assignment

### A] Injury and Setback Reflection

- I. Reflect and write about a time when you **faced a major injury** or some kind of **setback** and failure. Example – Injury, losing a major tournament, family problem, financial stress.
- II. What was your **emotional response** at that time? Write down what you felt at that time. Example - Denial, frustrated, guilty, sad, demotivated, disinterested, etc.
- III. How did you **recover** from that situation or are you still recovering it?
- IV. What do you **wish** would have happened **differently** at that time?

### B] 3-Pronged Approach

- I. What is the **3-Pronged Approach**?
- II. How can **you apply the 3 Pronged-Approach** to managing the **injury or setback** you mentioned in the previous answer?

### C] Your Sport

- I. How important is your Sport in Your Life? What would you do if you could never play the sport anymore?



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## D] Resilience Training

Regarding the example you gave for the first question, after you faced the injury or setback,

- I. What were things **outside of your control**?  
Example – healing time of injury, lockdown rules, weather, teammates behaviour, family conditions
- II. What were things **inside of your control**?  
Example – managing your own schedule, working out individually, resting appropriately, eating healthy meals, working on your skills, communicating your emotions

## E] Purpose

- I. What is your reason for playing your sport? What do you want to achieve? What is it that keeps you going?

## F] Optimism

- I. Who is your role model in Sports? Why are they your role model?
- II. What are you grateful for in your Sport and in life?

## G] Personal Resilience

- I. What was your Resilience score from the video? Which factor of resilience would you like to improve?
- II. Do you think if you face a major injury or setback in the future, you will be able to manage it well and bounce back quickly?