



SILVER ATHLETE MENTAL TRAINING PROGRAM

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Self-Talk Analysis Practical Assignment

Self-Talk refers to the thoughts you say to yourself in your mind. The goal of this assignment is to become aware of your thoughts and change the **negative self-talk to positive self-talk**.

A] Self-Awareness of Thoughts

- I. Write down 3 **negative thoughts** that you may have.

Example – “I am not a good player”, “I am not going to perform well” “Things are going to become worse.”

- a. _____
- b. _____
- c. _____

- II. Were you **aware of these thoughts** before writing it down ?
- III. How do you **feel** about having such **negative thoughts**?

B] Challenging Negative Self-Talk

Write **three reasons** supporting why your negative thought is **not true**. Keep asking yourself why the thought may not be true. Focus your attention on coming up with these reasons. Write three answers for each negative thought.

- I. **Thought One:** _____

Why is this not true?

1. _____
2. _____
3. _____



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II. **Thought Two:** _____

Why is this not true?

1. _____
2. _____
3. _____

III. **Thought Three:** _____

Why is this not true?

1. _____
2. _____
3. _____

C] Replace to Positive Self-Talk

- I. Write the **opposite positive statement** for your negative thought.

Example – “I am a great player”, “I will perform well”, “Things are going to go well”

- a. Thought One: _____
- b. Thought Two: _____
- c. Thought Three: _____



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D] Reflection

- I. How do you **feel** reading your **positive thoughts** in the previous step?
- II. How does this **change** the way you feel about your **negative thoughts**?
- III. Was it **difficult** to come up with reasons for why the negative thought is not true?
- IV. How would you like to use this activity for the **future**?

E] Channelize to Action

When we **channelize our negative thoughts** into **actions**, we are able to distract ourselves from the thoughts in the moment. This is helpful for the short-term.

- I. Write **three activities** which are **pleasurable** for you.
Example - eating your favourite food, talking to friend, watching a movie, reading a book, etc.
- II. Write **three productive activities** which you are able to do.
Example - Finishing work, homework, checking emails, creating work schedules, cleaning the house, etc.
- III. Write **three activities** which are **peaceful** time for you.
Example - writing in a journal, meditating, listening to music, doing breathing exercises, being in nature, etc.

F] Importance of Self-Talk

- I. Why do you think it is **important** to have **positive self-talk**? How will this help you in your life and in your performance?