

# Exercises for Self-talk awareness

## -Exercise 1. Self-talk inventories

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### Automatic Self-Talk Questionnaire for Sports (ASTQS): Development and Preliminary Validation of a Measure Identifying the Structure of Athletes' Self-Talk

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## -Exercise 2. "Paper Clip" Technique

- Take a pocketful of paper clips and put them in your left pants pocket...in the morning...or during training.
- Each time you have a negative thought during the day or during training (it depends on the sport), take one out and put it in your right pants pocket.
- Count the number of positive and negative thoughts...

**-Exercise 3.** *Try to recall your self-talk*—Imagine an especially good competition. Imagine it as vividly as possible, that is, what it looked like, how it felt, and what you were thinking.

**-Exercise 4.** *Self-Talk Log/cellphone* – In your training log or (keep notes in your mobile), make a page with four columns with the headings "Positive," "Negative," "Neutral," "Distracting" and "Situation." As soon as possible after training or competitions, write down the date, where you were, and whether it was training or a competition

Date	Situation	Positive	Neutral	Negative	Distracting

**-Exercise 5.** *Using Video and Audio* – Using video tapes and audio recordings can augment many of the above assessment procedures. For example, replaying a video of an athlete's performance can help in the recall of self-talk at specific moments...or I-phone application..

**-Exercise 6.** *Thought Stopping* This procedure involves three steps:

**(Step 1) Identify the Thought.** The first step in changing negative thinking is to become familiar with what you say to yourself so you can recognize it quickly

**(step 2) Stop the Thought** – Think of a signal that will tell you to stop. For example, picture of a stop sign, imagine yourself or your coach yelling "STOP!,"

**(step 3) Thought replacement.** Therefore, after stopping the negative thoughts, you need to replace them with thoughts that are more productive.

**-Exercise 7.**

1. Describe a situation in which you often tend to think/talk negatively to yourself.

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2. Identify the negative statement you say to yourself

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3. Identify words or thoughts you can use to help you **stop** the negative thought

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4. List positive, beneficial statements you can use to replace your negative, harmful thoughts. These should be meaningful to **you**.

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.....

5. Practice this technique while training.

**-Exercise 8.**

Identify the negative and positive thoughts that you have

1) Before training

Positive	Negative

2) in training

Positive	Negative

3) before a competition

Positive	Negative

3) and during a competition

Positive	Negative

### Self-talk plan

#### 1-week ST training program

- **introductory session – education**
- **1nd day – motivational self-talk**
- **2nd day - instructional self-talk – individualized**
- **3rd day - combinations**
- **4th day - personal scripts & development of competition plan**
- **5th - practice of competition plan**
  
- ST-IMPACT
- Identify what you want to achieve
- Match self-talk to needs
- Practice different cues with consistency
- Assess Ascertain which cues work best for you
- Create specific self-talk plans
- Train self-talk plans to perfection