

This questionnaire is designed to examine your opinions about your internal thoughts while you train or compete.

Athletes **often talk to themselves** while they train or compete. Sometimes this dialogue is audible, yet usually athletes talk to themselves covertly. In this verbal dialogue, athletes interpret their feelings and perceptions, evaluate themselves, and give themselves instructions or reinforcement, in positive or negative forms. Please use the rating scale below to indicate, based on your experience and your sport.

Please read each statement carefully, and then choose the correct response for you by circling the appropriate number:

1 (not at all) 2 3 4 5 6 7 (very much)

This is not a test, so there are not right or wrong answers.

Your ideas is the most important, so write down your beliefs only.

Remember that this questionnaire is anonymous.

Do you agree to complete this questionnaire?

YES NO

If you agree go to the next page

When I talk to myself during training or competition		NOT AT ALL					VERY MUCH	
1	I feel more certain for myself	1	2	3	4	5	6	7
2	I execute impulsively	1	2	3	4	5	6	7
3	I maintain effort to high levels	1	2	3	4	5	6	7
4	I feel more relaxed	1	2	3	4	5	6	7
5	I concentrate on what I'm doing at the moment	1	2	3	4	5	6	7
6	I feel more confident for my abilities	1	2	3	4	5	6	7
7	I execute automatically	1	2	3	4	5	6	7
8	I keep trying my best	1	2	3	4	5	6	7
9	I reduce my nervousness	1	2	3	4	5	6	7
10	I concentrate better to the execution	1	2	3	4	5	6	7
11	I feel stronger	1	2	3	4	5	6	7
12	I execute as if on an automatic pilot	1	2	3	4	5	6	7
13	I make my efforts more intense	1	2	3	4	5	6	7
14	I let go my anxiety	1	2	3	4	5	6	7
15	I direct my attention efficiently	1	2	3	4	5	6	7
16	I boost my confidence	1	2	3	4	5	6	7
17	The execution is spontaneous	1	2	3	4	5	6	7
18	I try harder	1	2	3	4	5	6	7
19	I interrupt negative thoughts	1	2	3	4	5	6	7
20	I stay focused	1	2	3	4	5	6	7
21	I psych-up myself	1	2	3	4	5	6	7
22	the execution comes automatic	1	2	3	4	5	6	7
23	I increase effort	1	2	3	4	5	6	7
24	I stay calm	1	2	3	4	5	6	7
25	I concentrate on what I have to do	1	2	3	4	5	6	7

Note: items 1,6,11,16,21 confidence/
 items 2,7,12,17,22 automaticity/
 items 3,8,13,18,23 effort/
 items 4,9,14,19,24 cognitive and emotional control/
 items 5,10,15,20,25/ attention