

Chalk Talk

Quick Hits for Effective Self-Talk

Self-talk statements should be as follows:

- Short and concise
- Self-generated
- Action oriented
- Focused in the now (present tense)
- Productive
- Purposeful
- Instructional when learning a new skill, correcting an error, or directing attention
- Motivational when controlling effort or affecting mood or energy
- Personally meaningful
- Focused on elements under the performer's control

Performer-Centered Implementation Worksheet

Thought Stoppage and Replacement With Productive Thoughts

The purpose of this worksheet is to help you identify and replace dysfunctional thoughts with facilitative and helpful self-talk.

Directions

Identify one to three events in which you commonly experience unproductive self-talk. Be specific. Then, use columns three and four to identify a productive, helpful, accurate replacement thought that will bring about a preferred behavior or response.

Competitive event or moment	Typical response	Preferred response	Facilitative, flexible, adaptive thought (to bring about preferred response)
Example: <i>Make a poor pass to a teammate that results in a turnover.</i>	Example: <i>Clap my hands together and put my head down. "Ugh, again. Get it together. You're awful today."</i>	Example: <i>Mentally correct and sprint back defensively.</i>	Example: <i>"Head up." "Stay aggressive." "Make the easy play first."</i>