

## Mental Baseball/Softball Quiz

Directions: Check off all statements that reveal how you might block your success.

- You do not have specific goals to accomplish or goals to help you improve.
- You typically perform better in practice than during competition.
- You worry too much about what others think about you or your performance.
- You have self-doubts (question your ability) about your hitting or pitching before or during competition.
- You worry about letting down others if you don't perform to others' expectations.
- You think too much about disappointing your parents or a coach while performing.
- You feel anxious, worried, or tight/tense when in competition.
- Pre-game "jitters" or butterflies don't go away after the start of competition.
- You are afraid to mess up or lose and it hurts your performance in competition.
- You worry about losing friends or other being jealous if you are successful.
- You are not sure why you play baseball or you play to please others.
- You are motivated by rewards such as trophies, recognition, or praise from others.
- You worry that others will not like you as a person if you lose or don't perform well.
- You lose focus or become distracted when under pressure or during a close game.
- You have trouble getting focused and mentally prepared before competition.
- You have trouble getting pumped up and focused to perform your best in competition.
- You are too excited and feel nervous to perform your best in competition.
- You are distracted by things that go on around you when you compete or practice.
- You have negative thoughts about your performance before, during, or after competition.
- You cannot perform as well as you did after an injury because of loss of confidence.
- When performing well, you just try to hold on to the lead and worry about messing up.
- You become frustrated easily because you expect to perform great or win all the time.
- You cannot perform easily (or trust in your skills) during pressure moments.
- You worry about having good form or technique while competing.
- You do not concentrate in the moment and focus too much on winning or the score.
- You worry about how others will think or say after competition if you lose.
- You think too much about how to correct your mistakes after you mess up.
- You have low self-confidence or belief in your physical ability or skills.
- You call yourself negative names/labels, such as "I am a choker," which hurts confidence.
- You have trouble forgetting or letting go of mistakes or poor performances.
- You become angry or frustrated during competition and it hurts your performance.
- You are often disappointed with your game or performance and wish it were better.
- You want to be the best or want to know how to improve your mental game.

The above statements reveal how you might block your success. If you checked one or more of the boxes above, you might benefit from mental game coaching. Dr. Patos can meet with you to discuss how to improve your mental toughness and get the mental advantage on your competition.

Get started today with mental training by calling Dr. Patos at 708-567- 6301.

