



Sometimes, during performance you may find that your thinking starts to turn more negative, this can be triggered by a number of reasons. Often, we tend to tell ourselves “*I can’t do this*”, “*I can’t be bothered*”, “*I’m rubbish*” and so on. Naturally, these thoughts don’t help performance, they make it worse, lowering confidence, which in turn, make us think more negatively. It is important that you recognise when your thoughts turn negative, stop them, and replace them with more helpful thoughts.

Negative Thoughts

Helpful Alternatives

<ul style="list-style-type: none">• Try and think of a scenario that may trigger you to think negatively, and some of the negative thoughts you may have.• Example: After bowling a bad ball “I’m rubbish”, “that was terrible”	<ul style="list-style-type: none">• In this column, for the same scenario think of some helpful alternatives.• Example “keep going”, “it was just one ball”, “remain patient”