

Situation

Preparing for competition

Thoughts

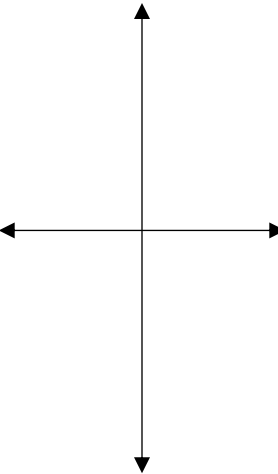
"I'm not ready to compete."
"I can't keep up with these opponents."

Physiology

Shaking, sweating, elevated heart rate,
shortness of breath
Fatigue, low energy, general slowness

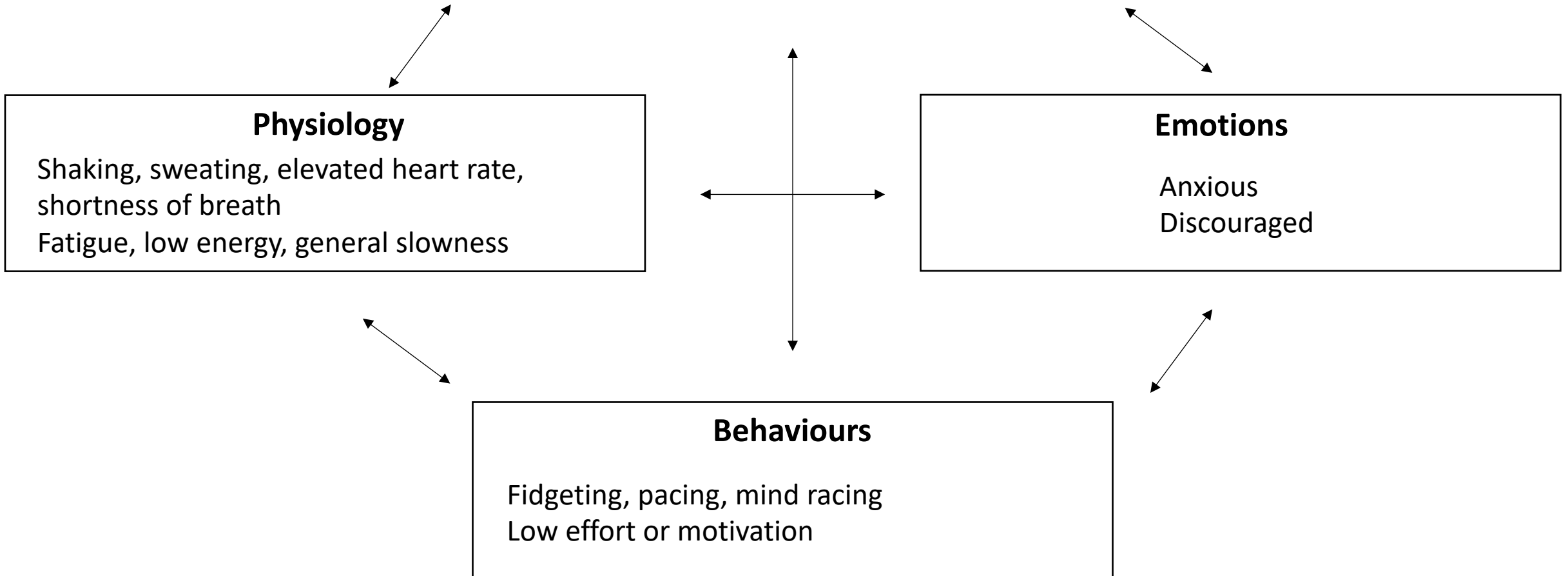
Emotions

Anxious
Discouraged



Behaviours

Fidgeting, pacing, mind racing
Low effort or motivation



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"I've trained hard and am as prepared as I can be."
"I am competing at this level for a reason. I belong here."

Physiology

Controlled breathing and heart rate
Muscles relaxed and ready to be engaged

Emotions

Calm
Confident

Behaviours

Performing pre-competition routine
Focused on task at hand

