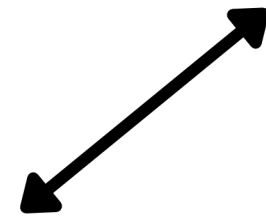


# PSYCHOLOGY MAPS - HCB MODEL

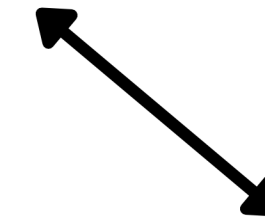
## SITUATION:

Preparing for competition



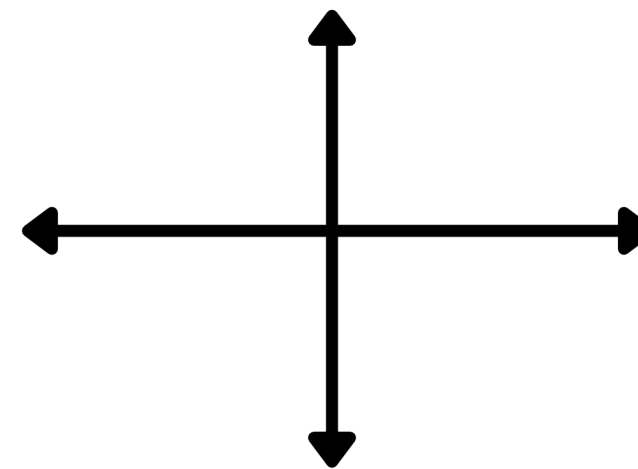
## THOUGHTS

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



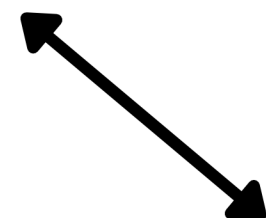
## PHYSIOLOGY

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



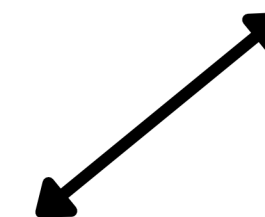
## EMOTIONS

Anxious  
Discouraged



## BEHAVIOURS

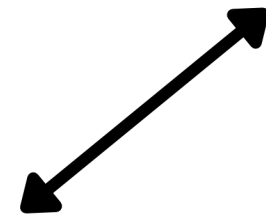
Fidgeting, pacing, mind racing  
Low effort or motivation



# PSYCHOLOGY MAPS - HCB MODEL

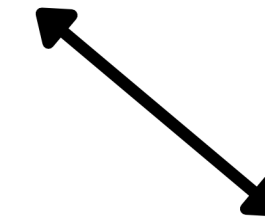
## SITUATION:

Preparing for competition



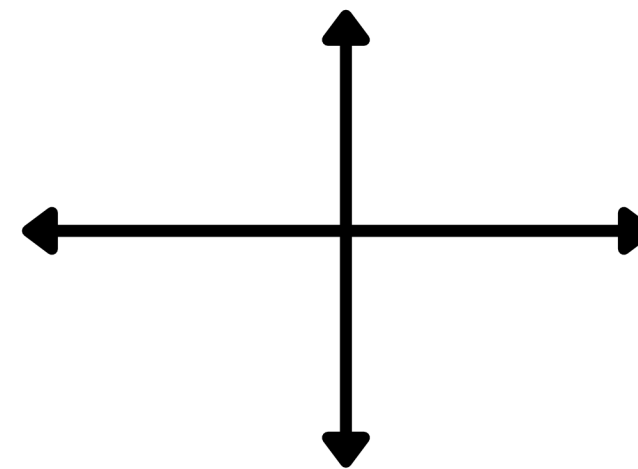
## THOUGHTS

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



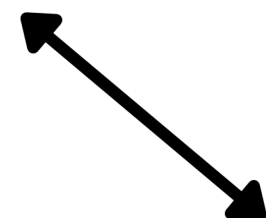
## PHYSIOLOGY

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

