

Negative Thought Replacement Plan

Self-talk is internal dialogue that athletes have with themselves in their mind that impacts emotions, behavior, actions, and motivation. Self-talk typically falls into the following three distinct categories: positive or motivational, instructional, and negative (Weinberg & Gould, 2019). One powerful intervention to stop negative self-talk during competition is *negative thought replacement*. Negative thought replacement is the process of converting the self-talk from negative to positive by redirecting the mind to speak words of encouragement and motivation (ie. “the next ball is mine!”) or technical instructions (ie. “keep your hands high!”). When it comes to self talk, remember that the best strategy is to talk to yourself like you would to someone you love!

Date and Event Identify the practice or match.	Situation Describe the specific play or moment in practice or competition.	Negative Self-Talk or Internal Criticism What went through your head after you made the mistake? How did you react?	Negative Thought Replacement Plan Challenge the negative thought and replace it with a positive, motivational or instructional thought.