



## Performance Self-Evaluation

It is important to be totally honest with yourself when filling this out. This is for your personal use and will only be shared with whom you decide to share it with. Set an intention to be totally and completely honest with yourself and your challenges in playing your golf game. Improved performance depends on total honesty.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### ***Performance Review and Reflection:***

Take a moment and think about recent playing situations. Please read the following and heighten your awareness to your thoughts, feelings, and reactions as you respond to each section.

### **Part I**

**Gremlin Flags:** Circle any items you experience related to your Golf Game.

#### Mental

Problems with memory	Inability to concentrate
Poor judgment	Racing thoughts
Moodiness	Agitation
Irritability	Uncertainty
View things as negative	Restlessness
Quick temper	Sense of being overwhelmed
Not having fun	Loss of objectivity
Being fearful	Anxiousness      Worry about play
Indecisiveness	Inability to relax      Confusion
Feeling on edge	Difficulty focusing or concentrating
Worry about who you play with	Avoid playing
Avoid playing with really good players	Feel uncertain on the course
Feel inadequate	Self-critical thoughts      Difficulties making decisions
Increased distractibility	Interfering negative thoughts

Negative outcome thoughts    Worry about hitting my shot  
Embarrassment

Please put an XX by the two that occur most often.

Physical and Behavioral

Headache            Muscle tension                            Nausea  
Insomnia before/after play    Diarrhea or constipation            Dizziness  
Change in appetite            Procrastination and neglect  
Nail biting or pacing            Tooth grinding clenching of jaw  
Overreactions                    Starting fights                    Increased heart rate  
Shaky voice            Shaky hands            Fidgeting            Pacing  
Clammy hands    Dry mouth            Increased perspiration  
Chewing finger nails    Mind blanks, blocks, freezes

Please put an XX by the two that occur most often.

**Part II**

**Common Experiences related to Mental Performance**

**Skills:** Please circle Y for yes; S for sometimes; N for no.

- 1.Y S N – I have trouble taking my game from the range to the golf course.
- 2.Y S N –I wonder why I can't do "XX" any more.
- 3.Y S N –I have lost confidence in abilities I have experienced before.
- 4.Y S N –When I finish a round of golf I mainly think or talk about what I **didn't** do, and what I **could** have or should have done.
- 5.Y S N --I think more about my swing mechanics than on playing my game.
- 6.Y S N –I think more about other players than on playing my game.
- 7.Y S N –I think more about distractions or things preventing me from playing well than on hitting my shots.
- 8.Y S N –I lose control of my swing on the golf course and I am not able to get it back.
- 9.Y S N –I experience "first tee jitters", or "yips" in my short game.
- 10.Y S N –My game is inconsistent.
- 11.Y S N –My game falls apart under the pressure of competition.
- 12.Y S N –I avoid competitive play.
- 13.Y S N –I prefer not to keep my score or have a handicap
- 14.Y S N—I think about playing in tournaments and find reasons not to signup.
- 15.Y S N—I am frequently disappointed with my play after finishing a round.

- 16.Y S N -I give reasons for my actions on the course; especially errors or poor shots.
- 17.Y S N -I rarely or never take risks on the course.
- 18.Y S N -I brag about how I play to other players during a round.
- 19.Y S N -I apologize for a bad shot or poor performance.
- 20.Y S N -I worry about who I am paired with.
- 21.Y S N--I put myself down; self-critical after a poor shot.
- 22.Y S N—I struggle to ignore what other players say
- 23.Y S N--I am often anxious when playing.
- 24.Y S N--I am extremely sensitive to criticism, real or imagined
- 25.Y S N—I get frustrated or angry after a poor shot.
- 26.Y S N--I wonder about what others are thinking of me after a poor shot
- 27.Y S N—I am often irritable when playing.
- 28.Y S N--I experience embarrassment after I hit a poor shot
- 29.Y S N--I have frequent doubts about my ability to make a shot.
- 30.Y S N--I get anxious or worry about playing on an unfamiliar course.
- 31.Y S N--I often use negative language when describing my game to others.
- 32.Y S N--I have negative attitudes and use negative self-talk
- 33.Y S N--I have difficulty setting and sticking to goals.
- 34.Y S N--I think setting goals is unnecessary; stupid; unneeded pressure.
- 35.Y S N--I do not really have goals for my game.
- 36.Y S N--I feel angry, bitter, jealous, or resentful during a round.
- 37.Y S N--I have difficulty tolerating imperfection in my game.
- 38.Y S N—I hit a poor shot and find myself thinking about it when walking to my next shot.
- 39.Y S N—I hit a poor shot and find myself thinking about it when a similar shot comes up later in play.
- 40.Y S N—I use a slow pace of play as the reason for a poor shot

### **Part III**

## **Negative Self-Talk**

Our thoughts are our instructions to the brain. They deserve special attention in evaluation. Conscious thoughts are easiest to identify. We can increase awareness of thoughts by intentionally observing ourselves with an internal focus. What we are thinking reveals our focal point. Listed below are common problems in thinking; focus. Negative thoughts, misdirected thoughts, or non-task related thoughts directly impact performance. (So do positive thoughts!)

Think about which thought patterns you've had in the past and whether or not these thought patterns have had an impact on your performance or golf experiences.

### **Self-Talk Assessment Part III-A**

Please rate the frequency of the following using this scale: 0-never, 1-rarely, 2-sometimes, 3-frequently, 4-almost always

1. \_\_\_ How often do I find myself focusing on a past stroke or hole during play?
2. \_\_\_ How often do I find myself thinking about the next hole before being done with the current hole?
3. \_\_\_ Do I find myself thinking about or remembering mistakes, weaknesses, or poor performance when in the middle of a round?
4. \_\_\_ How much do I think about my outcomes desires? "I have to win?" "I have to birdie this hole?"
5. \_\_\_ How often do I think about things that are not in my control? "I hate the rain" or "I wish the wind would stop blowing" when it starts to rain or get windy when playing.
6. \_\_\_ How often are absolutes in your thoughts? "I have to make par or it is all over."(have to, can't, only, must, never, always, should's, everything, etc)
7. \_\_\_ How often do I exaggerate the significance of one single stroke?
8. \_\_\_ How often are my thoughts focused on negatives or mistakes?
9. \_\_\_ How often does my thinking shift away from responsibility for my performance behaviors or a poor shot? ("It's-not-my-fault" because of xxx, or someone else says sorry I was talking and you use it as the reason for a poor shot).
10. \_\_\_ How often do I make assumptions about what others are thinking? Are my assumptions negative or positive?
11. \_\_\_ How often do I compare my performance or shot to another persons?
12. \_\_\_ How often do I find myself discounting what others say or being annoyed or uncomfortable by what others say?

### **Self-Talk Assessment Part III-B**

To rate your own use of self-talk, rate the following questions on a scale of 0=Never, 1=Sometimes,

2=Almost Always (adapted from USOC study, 2002):

- 1.\_\_\_\_\_ Before competition, I intentionally think about what to do and how to focus.
- 2.\_\_\_\_\_ I am able to focus on the specific act of what I am doing, each stroke without difficulty.
- 3.\_\_\_\_\_ I think about my total score during a round.
- 4.\_\_\_\_\_ While competing, I am my own best friend (e.g., supportive, encouraging, positive).
- 5.\_\_\_\_\_ When competing, I do best when others encourage me.
- 6.\_\_\_\_\_ I know what to say to myself to "get over" a mistake.
- 7.\_\_\_\_\_ I have specific things I say to myself to stay focused.
- 8.\_\_\_\_\_ I have specific things I say to myself to stay motivated during practice.
- 9.\_\_\_\_\_ I have specific things I say to myself to stay motivated during a round.
- 10.\_\_\_\_\_ I know how to talk to myself to perform my best.
- 11.\_\_\_\_\_ I focus on my strengths prior to, through out play and during competition.
- 12.\_\_\_\_\_ I think about my weaknesses, prior to or during play.

To score this evaluation please contact Debbie Benschling.