

## SURVEY OF ATHLETIC EXPERIENCES

DIRECTIONS: A number of statements that baseball players have used to describe their experiences are given below. Please read each statement carefully and then recall as accurately as possible how often you experience the same thing. There are no right or wrong answers. Do not spend too much time on any one statement.

**Please circle how often you have these experiences when playing baseball.**

1. On a daily or weekly basis, I set very specific goals for myself that guide what I do.

**Almost Never            Sometimes            Often            Almost Always**

2. I get the most out of my talent and skills.

**Almost Never            Sometimes            Often            Almost Always**

3. When a coach or manager tells me how to correct a mistake I've made, I tend to take it personally and feel upset.

**Almost Never            Sometimes            Often            Almost Always**

4. When I'm playing baseball, I can focus my attention and block out distractions.

**Almost Never            Sometimes            Often            Almost Always**

5. I remain positive and enthusiastic during competition, no matter how badly things are going.

**Almost Never            Sometimes            Often            Almost Always**

6. I tend to play better under pressure because I think more clearly.

**Almost Never            Sometimes            Often            Almost Always**

7. I worry quite a bit about what others will think of my performance.
- Almost Never      Sometimes      Often      Almost Always**
8. I tend to do lots of planning about how to reach my goals.
- Almost Never      Sometimes      Often      Almost Always**
9. I feel confident that I will play well.
- Almost Never      Sometimes      Often      Almost Always**
10. When a coach or manager criticizes me, I become upset rather than helped.
- Almost Never      Sometimes      Often      Almost Always**
11. It is easy for me to keep distracting thoughts from interfering with something I am watching or listening to.
- Almost Never      Sometimes      Often      Almost Always**
12. I put a lot of pressure on myself by worrying about how I will perform.
- Almost Never      Sometimes      Often      Almost Always**
13. I set my own performance goals for each practice.
- Almost Never      Sometimes      Often      Almost Always**
14. I don't have to be pushed to practice or play hard; I give 100%..
- Almost Never      Sometimes      Often      Almost Always**
15. If a coach criticizes or yells at me, I correct the mistake without getting upset about it.

**Almost Never**

**Sometimes**

**Often**

**Almost Always**

16. I handle unexpected situations in baseball very well.
- Almost Never      Sometimes      Often      Almost Always**
17. When things are going badly, I tell myself to keep calm, and this works for me.
- Almost Never      Sometimes      Often      Almost Always**
18. The more pressure there is during a game, the more I enjoy it.
- Almost Never      Sometimes      Often      Almost Always**
19. While competing, I worry about making mistakes or not coming through.
- Almost Never      Sometimes      Often      Almost Always**
20. I have my own game plan worked out in my head long before the game begins.
- Almost Never      Sometimes      Often      Almost Always**
21. When I feel myself getting too tense, I can quickly relax my body and calm myself.
- Almost Never      Sometimes      Often      Almost Always**
22. To me, pressure situations are challenges that I welcome.
- Almost Never      Sometimes      Often      Almost Always**
23. I think about and imagine what will happen if I fail or screw up.
- Almost Never      Sometimes      Often      Almost Always**
24. I maintain emotional control regardless of how things are going for me.

**Almost Never**

**Sometimes**

**Often**

**Almost Always**

25. It is easy for me to direct my attention and focus on a single object or person.

**Almost Never      Sometimes      Often      Almost Always**

26. When I fail to reach my goals, it makes me try even harder.

**Almost Never      Sometimes      Often      Almost Always**

27. I improve my skills by listening carefully to advice and instruction from coaches and managers.

**Almost Never      Sometimes      Often      Almost Always**

28. I make fewer mistakes when the pressure is on because I concentrate better.

**Almost Never      Sometimes      Often      Almost Always**