

## Survey of Athletic Experiences

Instructions: The following are statements that athletes have used to describe their experiences. 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 sports.

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 sports, 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 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 feel 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**

(continued)

## Survey of Athletic Experiences *(continued)*

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**15.** If a coach criticizes or yells at me, I correct the mistake without getting upset about it.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**16.** I handle unexpected situations in my sport very well.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**17.** When things are going badly, I tell myself to keep calm, and this works for me.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**18.** The more pressure there is during a game, the more I enjoy it.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**19.** While competing, I worry about making mistakes or failing to come through.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**20.** I have my own game plan worked out in my head long before the game begins.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**21.** When I feel myself getting too tense, I can quickly relax my body and calm myself.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**22.** To me, pressure situations are challenges that I welcome.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**23.** I think about and imagine what will happen if I fail or screw up.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**24.** I maintain emotional control regardless of how things are going for me.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**25.** It is easy for me to direct my attention and focus on a single object or person.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**26.** When I fail to reach goals, it makes me try even harder.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**27.** I improve my skills by listening carefully to advice and instruction from coaches and managers.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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**28.** I make fewer mistakes when the pressure is on because I concentrate better.

<b>Almost never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Almost always</b>
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*(continued)*

## Survey of Athletic Experiences *(continued)*

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### Scoring Key

Coping with adversity 5, 17, 21, 24

Coachability 3\*, 10\*, 15, 27

Confidence and achievement motivation 4, 11, 16, 25

Goal setting and mental preparation 1, 8, 13, 30

Peaking under pressure 6, 18, 22, 28

Freedom from worry 7\*, 12\*, 19\*, 23\*

Personal coping resources

Total score or sum of subscale scores

\*Reverse-scored items; all other items scored from 0 (almost never) to 5 (almost always).