

# Athlete Stress Management Form

Identify 3 situations that commonly stress you	How much do you notice unwanted muscular tension?	How much do you notice unwanted activation symptoms (e.g., pounding heart, butterflies, sweaty palms & frequent urination)?	How much do you notice negative and distracting thoughts and personal put-downs?	How much do you notice negative images or nonspecific feelings of disaster?
	LowHigh	LowHigh	LowHigh	LowHigh
1.	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____
2.	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____
3.	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____	1 2 3 4 5 6 7 8 9 Common Symptoms _____ _____
Rate your overall practice or competitive performance		1 2 3 4 5 6 7 8 9 Awful Average Great		

From D.Burton and T. Raedeke. 2008, *Sport Psychology for Coaches* | Champaign. IL: Human Kinetics

Athletes can use this form to evaluate their stress levels and how stress may be affecting their performance.