

***In this questionnaire we invite you to reflect on how you respond to performance situations, to determine to what extent it is in your best interest to seek professional help.Each athlete has his own psychological functioning that cannot be compared with the others. However, as explained in many texts on sports and performance psychology, to perform at their best an athlete has to master aspects such as:***

***Motivation***

***Stress***

***Self-confidence***

***Activation level***

***Instructions***

***Read carefully and answer the following questions, trying to be as honest as possible.***

|  |  |  |  |
| --- | --- | --- | --- |
|  | ***ALWAYS*** | ***SOMETIMES*** | ***NEVER*** |
| ***If the phrase describes what is happening to you, answer*** | ***X*** |  |  |
| ***If you think it only happens to you sometimes, answer*** |  | ***X*** |  |
| ***If it never happens to you, answer*** |  |  | ***X*** |

***Block 1 of 2***

|  |  |  |  |
| --- | --- | --- | --- |
|  | ***ALWAYS*** | ***SOMETIMES*** | ***NEVER*** |
| ***I usually lose confidence in myself*** |  | ***X*** |  |
| ***It's hard for me to be calm before the competition*** |  |  | ***X*** |
| ***I have a hard time working with some members of my team*** |  |  | ***X*** |
| ***I have too much pressure*** |  |  | ***X*** |
| ***I have a hard time setting goals and achieving them*** |  | ***X*** |  |
| ***My relationship with some people in my sports environment is bad*** |  |  | ***X*** |
| ***I usually have sleep problems before a competition*** |  |  | ***X*** |
| ***I think my effort is not worth it*** |  |  | ***X*** |
| ***My goals are incompatible with those of my team*** |  |  | ***X*** |
| ***If I have difficulties it takes me a long time to feel safe again*** |  |  | ***X*** |



***Block 2 of 2***

***Athlete information***

|  |  |  |
| --- | --- | --- |
| ***1*** | ***Age:*** | ***13*** |
| ***2*** | ***Sex:*** | ***Man*** |
| ***3*** | ***Country:*** | ***Chile*** |
| ***4*** | ***City:*** | ***Santiago*** |
| ***5*** | ***Type of sport. (individual sport - collective sport)*** | ***Collective Sport*** |
| ***6*** | ***Name of my sport:*** | ***Futboll*** |
| ***7*** | ***My specialty or position:*** | ***Central defense***  ***Right Side*** |
| ***8*** | ***Maximum level at which I compete: (national – international)*** | ***National Sub 13*** |
| ***9*** | ***Years of experience in this sport:*** | ***5 years*** |
| ***10*** | ***Date of my last competition:*** | ***January 2019*** |
| ***11*** | ***Name of my last competition:*** | ***Santiago Cup*** |
| ***12*** | ***My performance was: (Excellent - Okay - more or less – bad – appalling)*** | ***Okay*** |
| ***13*** | ***Being realistic, my probability of performing at the highest level in the next competition is: (0 – 100%)*** | ***80%*** |

***Please respond sincerely***