

Athlete Stress Management Assessment Form

Identify 3 situations that commonly stress you	How much do you notice unwanted muscular tension? Low High	How much do you notice unwanted activation symptoms (e.g., pounding heart, butterflies, sweaty palms, & frequent urination)? Low High	How much do you notice negative and distracting thoughts and personal put-downs? Low High	How much do you notice negative images or nonspecific feelings of disaster? Low High
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).

FIGURE 11.3 Athletes can use this form to evaluate their stress levels and how stress may be affecting their performance.