

# Now Body Wellness: Cognitive Restructuring Worksheet

One's internal dialogue can have a powerful influence mood and athletic performance. A great way to address negative thoughts and challenge cognitive distortions is utilizing cognitive restructuring. This worksheet will guide you through these steps.

## Step 1: Notice your thoughts and examine how they influence your mood.

What is your internal dialogue sound like?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

When do these thoughts come off most often?

- During times of stress
- During training
- During competition/meets
- After training
- After competition/meets
- When others succeed
- When I succeed
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## Step 2: Examine how these thoughts influence you.

How do these thoughts impact your mood?

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How do these thoughts impact your athletic performance?

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### Step 3: Thought Record

<p><b>Thought</b></p>	<p><i>I'm going to blow it at my next meet/competition and everyone is going to hate me.</i></p>		
<p><b>Is it a fact, feeling, or cognitive distortion?</b></p>	<p><i>Feeling and Cognitive Distortion</i></p>		
<p><b>Is this thought realistic?</b></p>	<p>Yes / <b>No</b></p>	<p>Yes / No</p>	<p>Yes / No</p>
<p><b>What is the objective, concrete evidence supporting or refuting my thought?</b></p>	<p><i>Last qualifying competition/meet I choked under the pressure. I have been very consistent in practice the past two months.</i></p>		
<p><b>What if those things come true? What is the worst that could happen?</b></p>	<p><i>I would be super disappointed and my coach/parent would be frustrated with me. I also wouldn't qualify.</i></p>		

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<p><b>How would I cope with or overcome it if the bad thing did happen?</b></p>	<p><i>I would do the same thing I did when I choked at the last competition/meet. I'd crack down on my training and mental resilience.</i></p>		
<p><b>Arguments that defend your thought.</b></p>	<p><i>I have been super consistent these last two months. I have also practiced in high pressure situations and did okay!</i></p>		
<p><b>Does this train of thought support me or hurt me? Why?</b></p>	<p><i>No – it makes me doubt my abilities and takes me down a thought spiral.</i></p>		
<p><b>Come up with a neutral or positive coping statement or mantra</b></p>	<p><i>I have grown a lot as an athlete this past year.</i></p> <p><i>I trust my training.</i></p>		

<p><b>What are some action steps to prevent or cope with the problem I am concerned about.</b></p>	<p><i>When I notice the thoughts arising:</i></p> <ol style="list-style-type: none"><li><i>1. Take a deep breath and remind myself that this it is just a thought, not a fact.</i></li><li><i>2. Lean into my training</i></li><li><i>3. Use my coping statement</i></li><li><i>4. Focus on the entrance of my element(s) and the cues/timing, not the landing.</i></li></ol>		
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