

Psychological Performance Inventory

Place the number associated with the phrase which best describes you in relationship to each question by that question. Select whichever answer best fits your interpretation of the item as it relates to you in athletics and competition. Be as open and honest as you can with yourself and respond to each item.

Use the following scale when selecting an answer:

5 4 3 2 1
almost always often sometimes seldom almost never

1. I tend to see myself as more of a loser than a winner as a competitor.
2. My muscles become overly tight during competition.
3. I am able to concentrate on the important elements of a situation during competition.
4. I actually spend time mentally picturing my self performing perfectly.
5. I am highly motivated to play my best.
6. I wake up in the morning and am really excited about playing and practicing.
7. I strive to be positive and enthusiastic during competition, no matter what.
8. I am very self confident as a competitive player.
9. I can remain calm and relaxed during competition.
10. I am overly conscious of what others think of me as I perform.
11. I can replay entire performances in my head.
12. I find myself wondering why I'm putting myself through all the hard work and frustration.
13. I have lots of positive energy flowing during play and practice.
14. I give my best effort, regardless of the circumstances.
15. I like the mental image I have of myself as a performer.
16. I have difficulty controlling my anger in competition.
17. I find myself thinking of past mistakes or missed opportunities as I perform.
18. I can, and mentally do, rehearse how I want to perform prior to a performance.
19. I can't seem to get all that excited about working hard to get better.
20. I just give up when things get too bad during competition.
21. I accept full responsibility for myself. Nobody gets the blame but me.
22. I really believe in myself as a performer.
23. It seems my mind starts going 100 mph during critical moments of competition.
24. I have trouble mentally "tuning in" during tough situations.
25. I mentally practice and rehearse my physical skills.
26. I'm willing to give whatever it takes to reach my full potential as a player.
27. Competing in my sport gives me a genuine sense of joy and fulfillment.
28. I can't tolerate mistakes.
29. It is hard for me to picture myself as a successful athlete.
30. The tougher the situation, the better I perform.
31. I find myself worrying about winning and losing during competition.
32. I mentally practice working through tough situations prior to competition.
33. I don't have to be pushed to play or practice hard. I am my own best ignitor.
34. Playing this sport is genuinely fun for me.
35. I'm never satisfied with giving less than 100 percent effort.
36. I can perform toward the upper range of my talent and skill.
37. During critical moments of competition, I feel as though I will be overrun with anxiety.
38. I become distracted and lose my focus during competition.
39. When I make a mistake I can actually see the mistake mentally and correct it in my imagination.
40. The goals I've set for myself as an athlete keep me working hard.
41. I tend to see tough situations as threats rather than as challenges.
42. I simply focus on doing the best I can at every moment.

Psychological Performance Inventory

SCORING:

You have a numerical answer for each question. Take the number for each question and place it alongside the item number in the chart. After doing this for all 42 items, add each of the 7 columns separately. Any of the total scores below 20 need attention. Then plot your results on the graph below. * = reverse score

26–30 Excellent Skills 20–25 Needs Improvement 6–19 Needs Your Special Attention

Self-Confidence	Arousal Control	Attention Control	Visual & Imagery Control	Motivational Control	Positive Energy	Attitude Control
*1_____	*2_____	3_____	4_____	5_____	6_____	7_____
8_____	9_____	*10_____	11_____	*12_____	13_____	14_____
15_____	*16_____	*17_____	18_____	*19_____	*20_____	21_____
22_____	*23_____	*24_____	25_____	26_____	27_____	28_____
*29_____	30_____	*31_____	32_____	33_____	34_____	35_____
36_____	*37_____	*38_____	39_____	40_____	*41_____	42_____

Totals: _____

* REVERSE SCORE

From: Loehr, James E. (1982) Mental Toughness training for sports: Achieving athletic excellence. New York, NY. Penguin Books. ISBN: 0452267951 (pgs. 161–167)

ATHLETE PROFILE GRAPH

