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 followi	ng scale when									
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	_7. I strive to be positive and enthusiastic during competition, no matter what.										
8 I a	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.											
	•	• • • • • • • • • • • • • • • • • • • •	flowing during play	-							
	14 I give my best effort, regardless of the circumstances.										
		•	e of myself as a per								
	•	•	y anger in competit		•						
	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.										
			_	=	20						
	•	•	myself. Nobody ge	is the plame but if	ie.						
	I really believe	•	ig 100 mph during (vritical mamants of	composition						
	-		ng in" during tough:		competition.						
		•	arse my physical sk								
	• •				olaver						
	_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.										
	I can't tolerate		mo a gonamo com	oo or joy and ramin	110111.						
			yself as a successfu	ul athlete.							
			e better I perform.								
	•	•	winning and losing	during competition							
	•	, ,	nrough tough situati	• .							
		_	play or practice har								
	Playing this sp	•		·	G						
35.	I'm never satis	fied with giving	g less than 100 per	cent effort.							
36.	I can perform t	oward the upp	er range of my tale	nt and skill.							
37.	During critical	moments of co	ompetition, I feel as	though I will be ov	errun with anxiety.						
38.	I become distra	acted and lose	my focus during co	ompetition.							
					nd correct it in my imagination.						
	•	•	as an athlete keep	•							
		-	s as threats rather t	_							
42.	I simply focus	on doing the b	est I can at every n	noment.							

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

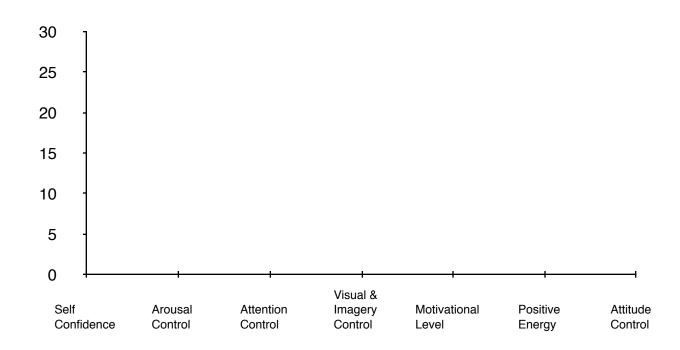
6-19 Needs Your Special Attention

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: _____

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

ATHLETE PROFILE GRAPH



^{*} REVERSE SCORE