

OUGHT IDEAL AND FEARED SELF

INSTRUCTIONS

There are two questionnaires that you need to fill out over the duration of your race. Questionnaire 1 should be completed at least **three hours** before your race; questionnaire 2 should be completed within **half an hour** from the start of your race.

The first questionnaire has three subscales for each question. It is important that you circle one answer from each scale before you move onto the next question, i.e. in question 1 circle one answer for the 'Feared scale'. One for the 'Ought scale', and one from the 'Ideal scale'. Then repeat this for question 2 and so on.

Use the following list as a guide when filling out the first questionnaire.

The 'Ought Self': Your ought self is the kind of person you believe you have the *duty* or *obligation* to be. It is defined by the characteristics you think you ought to possess, or feel obligated to possess. It is not necessary that you actually have these characteristics now, only that you believe you ought to have them.

The 'Ideal Self': Your ideal self is the kind of person you would really *like* to be. It is defined by the characteristics you would ideally like to have. It is not necessary that you have these characteristics now, only that you believe you want to have them.

The 'Feared Self': Your feared self is the kind of person you *fear* being or *worry* about being. It is defined by the characteristics you think you might have in the future but that you would rather *not* become. It is not necessary that you have these characteristics now only that you want to avoid having them.

Questionnaire directions

The effects of high competitive sports can be very powerful and very different among athletes. The inventory you are about to complete measures how you *generally* feel about competition. With reference to the above three descriptions circle the appropriate numbers to the right of the statement. Please work carefully through the questionnaire with reference to the above descriptions, and pause or rest if you feel a loss of concentration.