

With regards to your NEXT competitive event please work through the following questions

FEARED SELF

OUGHT SELF

IDEAL SELF

	I do not want to be				I feel I ought to be				Ideally I'd like to be			
	Not at		Very much		Not at		Very much		Not at		Very much	
	All			So	All			So	All			So
1. I am concerned about this competition.....	1	2	3	4	1	2	3	4	1	2	3	4
2. I feel nervous.....	1	2	3	4	1	2	3	4	1	2	3	4
3. I feel at ease.....	1	2	3	4	1	2	3	4	1	2	3	4
4. I have self-doubts.....	1	2	3	4	1	2	3	4	1	2	3	4
5. I feel jittery.....	1	2	3	4	1	2	3	4	1	2	3	4
6. I feel comfortable.....	1	2	3	4	1	2	3	4	1	2	3	4
7. I am concerned that I may not do as well in this competition as I could.....	1	2	3	4	1	2	3	4	1	2	3	4
8. My body feels tense.....	1	2	3	4	1	2	3	4	1	2	3	4
9. I feel self-confident.....	1	2	3	4	1	2	3	4	1	2	3	4
10. I am concerned about losing.....	1	2	3	4	1	2	3	4	1	2	3	4
11. I feel tense in my stomach.....	1	2	3	4	1	2	3	4	1	2	3	4
12. I feel secure.....	1	2	3	4	1	2	3	4	1	2	3	4
13. I am concerned about choking under pressure.....	1	2	3	4	1	2	3	4	1	2	3	4
14. My body feels relaxed.....	1	2	3	4	1	2	3	4	1	2	3	4
15. I'm confident I can meet the challenge.....	1	2	3	4	1	2	3	4	1	2	3	4
16. I'm concerned about performing poorly.....	1	2	3	4	1	2	3	4	1	2	3	4
17. My heart is racing.....	1	2	3	4	1	2	3	4	1	2	3	4
18. I'm confident about performing well.....	1	2	3	4	1	2	3	4	1	2	3	4
19. I'm concerned about reaching my goal.....	1	2	3	4	1	2	3	4	1	2	3	4
20. I feel my stomach sinking.....	1	2	3	4	1	2	3	4	1	2	3	4
21. I feel mentally relaxed.....	1	2	3	4	1	2	3	4	1	2	3	4
22. I'm concerned that others will be disappointed with my performance.....	1	2	3	4	1	2	3	4	1	2	3	4
23. My hands are clammy.....	1	2	3	4	1	2	3	4	1	2	3	4
24. I'm confident because I mentally picture myself reaching my goal.....	1	2	3	4	1	2	3	4	1	2	3	4
25. I'm concerned I won't be able to concentrate.....	1	2	3	4	1	2	3	4	1	2	3	4
26. My body feels tight.....	1	2	3	4	1	2	3	4	1	2	3	4
27. I'm confident of coming through under pressure.....	1	2	3	4	1	2	3	4	1	2	3	4