

**Mindset: Performing Under Pressure Session 4**

**Helpful Thinking 2**

**Task 1:** Please write the thought that you experience at the two different stages:

Trigger	Immediately before	Immediately after a bad result
Thoughts		

**Task 2:** Select three of the thoughts you wrote above. If you were giving advice to a friend to think in a more helpful way, what would you say?

Your thought	What you would say to a friend and how would you support them?

**Take-away**

You can use this tool to make your own helpful thinking cues:

1. What is the thought you are having?
2. Do you think anyone else feels like this?
3. What would your own support coach say to you in this situation?