

Reframing Self-Talk

Follow the ABC's to successful self-talk performances!

A

What is the activating event/adversity?

B

What is your belief of the event?

C

What are the consequences (feelings/emotions/etc.) of your belief?

D

How can you dispute (challenge) your belief and change consequences?

E

What is the effect of your new belief?

Ellis, A. (1985). Expanding the ABCs of Rational-Emotive Therapy. In M. J. Mahoney & A. Freeman (Eds.), *Cognition and psychotherapy* (pp. 313–323). essay, Springer.



Produced by Brains & Biceps based on
research from Ellis (1985)

Reframing Self-Talk

Coach Sheet

The Why: This worksheet is to help athletes navigate through the reframing process of self-talk. Negative self-talk can be disruptive and destructive to performance, confidence, motivation, control, and effort. Learning how to acknowledge the negative self-talk and and reframe it into something constructive can be a major game changer for athletes, and teams. As you help athletes learn to reframe, it is important to emphasize being true to yourself. Instruct the athletes not to lie to themselves, and say they can do something if they truly do not believe they can. As much as athletes may try, they cannot fool themselves.

Learning how to properly reframe will not only assist athletes in the weight room, but will allow athletes to use effective self-talk for their performances and competitions. These strategies can also be applied to events outside of sport, such as academics, personal, and professional aspirations. As a strength & conditioning coach, we know that our work and relationships with athletes helps them to become a better, more rounded individual. Teaching this skill will help them to be successful and strive for greatness throughout every aspect of their lives.

The How: This can be done using the worksheet in a breakdown or during rest time on the back of a program page. Talk with athletes and encourage them to make note of their self-talk as they progress through a lift or reflect upon the session afterwards.

Adversity: What is the activating event or adversity?

Belief: What is your belief about the event?

Consequence: What is the consequence (feelings/emotions) of your belief?

Dispute: How can you dispute your belief and change your consequences?

Effect: What is the effect of your new belief?

The Prompt: (leading athletes through reframing during cool-down/post-lift)

Follow below steps and speak bolded sections to the team.

1. Print off enough copies of the Athlete Worksheet for the entire team
2. Have pens/pencils set out by sheets for athletes to grab
3. In pre-lift breakdown after going over necessary lift information-

One last thing, today during lift I want you to focus on your self-talk. You don't need to write anything down but stay aware of what you say to yourself out loud or in your head. After the lift, while we stretch and roll out, I'll have you work through a sheet on reframing negative and disruptive self-talk.

4. After the lift, in cool down-

As you look over the sheet, you'll see how you follow down the ABC's. First, on the blank side of the paper, I want you to to list all of the things you can remember saying to yourself during the lift. I'll give you a minute.

5. When the minute is up-

Okay, now circle a statement that was negative or didn't assist your lift. Flip you sheet over, starting at A, think of the event that caused the circled statement. I want you to think about how you can change that statement to an instructional (self-coaching), motivational (confidence builder), or positive (encouragement) type of self-talk. As you move down the sheet focus on how you can reframe your self-talk to maximize the benefits and improve your performance. Let me know if you have any questions.

