

OLYMPIAN

FENCING CLUB

Date	
Location	
Opponent	
Score Progression	
Final Score	
<p>Emotions</p> <p>a) What did you feel? What strong emotions did you have?</p> <p>b) Rate them on a scale of 1-10</p>	
<p>Automatic Thoughts (Images, self-talk)</p> <p>a) What was going through your head?</p> <p>b) Circle the hot thought</p>	
<p>Behavior (Technical-Tactical Errors, Weaknesses)</p> <p>a) Technical errors</p>	
<p>b) Tactical errors</p>	
<p>Concentrative Analysis</p> <p>a) Evidence that <i>supports</i> the hot thoughts</p>	
<p>b) Evidence that <i>contradicts</i> the hot thoughts</p>	
<p>c) Correct, realistic, productive thought to replace any automatic incorrect thought</p>	

