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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Thinking Error** | **Mon** | **Tue** | **Wed** | **Thurs** | **Frid** | **Sat** | **Sun** |
| **All or nothing thinking – black or white thinking – If I am not a good enough athlete I have failed** |  |  |  |  |  |  |  |
| **Over generalising – Seeing a pattern based upon a single event – I am always rubbish at freekicks** |  |  |  |  |  |  |  |
| **Mind Reading – Guessing what others are thinking – My teammate must not like me** |  |  |  |  |  |  |  |
| **Labelling – Assigning a label to ourselves – I am useless** |  |  |  |  |  |  |  |
| **Mental Filter – only paying attention to certain types of evidence -** |  |  |  |  |  |  |  |
| **Emotional Reasoning – We feel a certain way so that must be true – I feel anxious I must be useless** |  |  |  |  |  |  |  |
| **Personalisation – Blaming yourself – We lost because of me** |  |  |  |  |  |  |  |
| **Disqualifying the positive – Ignoring the positives – Nothing good comes out of this** |  |  |  |  |  |  |  |
| **Catastrophising – Thinking the worst – What if I miss? My coach teammates wont like me** |  |  |  |  |  |  |  |