

Mental Strengths Assessment Scale Descriptions

DRIVE	
Commitment	The importance an athlete places on his/her sport in relationship to other life interests
Competitive Orientation	The degree to which an athlete enjoys competition
Intrinsic Motivation	The degree to which an athlete is motivated by a strong inner drive to succeed
Extrinsic Motivation	The degree to which an athlete is motivated by outside sources (e.g., recognition, status)
Will to Win	An athlete's desire to win in completion--his/her killer instinct
ATTITUDES	
Optimism	An athlete's outlook on competition from pessimistic to optimistic
Sport Confidence	An athlete's level of confidence in his/her athletic abilities
Mental Confidence	The degree to which and athlete is confident in his/her mental abilities
Sense of Control	An athlete's belief about the level of control he/she has over his/her success (victim/fighter)
Fear of Failure	The level of anxiety associated with the possibility of performing below one's abilities
Fear of Success	The level of anxiety associated with the possibility of performing above one's abilities
FOCUS	
Depth of Focus	An athlete's ability to focus intensely during competition
Duration of Focus	An athlete's ability to maintain his/her concentration during competition
Temporal Focus	An athlete's ability to focus in the present as opposed to the past or future
External Distraction	An athlete's tendency to be distracted by external stimuli during competition
Internal Distraction	An athlete's tendency to be distracted by inner noises (e.g., thoughts) during competition
SELF-REGULATION	
Optimal Energy	The energy/activation level at which an athlete tends to compete most effectively
Negative Thinking	The degree to which an athlete engages in negative thinking during competition
Pre-competition anxiety	The level of anxiety an athlete typically experiences prior to competition
Emotional Control	The degree to which an athlete can maintain emotional control during a competition
Ability to Relax	An athlete's ability to relax when he/she notices that he/she is tense during competition
Ability to Energize	An athletes ability to increase his/her level of energy/activation during competition
Ability to Recover	An athletes ability to recover from errors or set backs during competition
Handling Pressure	An athletes ability to perform well under pressure during competition
MENTAL SKILLS	
Self-talk	The quality and emotional tone of an athlete's self-talk during competition
Visualization	The degree to which an athlete uses imagery to enhance his/her performance
Goal Setting	The degree to which an athlete sets appropriate and effective goals
Social Support	The level of social support an athletes feels from friends and family
Relaxation/Breathing	The degree to which an athlete uses relaxation and breathing strategies during competition
Pre-event routines	An athlete's use of pre-competition mental routines to prepare for a competition
Letting Go	The degree to which an athlete can perform without conscious control

*** Lower Scores are preferred for scales highlighted in red**