



SPORT EXERCISE & PERFORMANCE  
PSYCHOLOGY

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## **Finding the Trigger**

### **Step 1: Identifying the Trigger**

What happened? (e.g., "I missed an important goal in a match")

When did it happen? (Date and Time)

Where did it happen? (Location)

### **Step 2: Understanding Your Response**

How did you feel immediately after the event? (e.g., angry, frustrated, sad)

Rate the intensity of your emotion on a scale of 1 to 10 (*1 = Very Mild, 10 = Extremely Intense*)

Did you notice any physical reactions? (e.g., increased heart rate, sweating, tense muscles)

Rate the intensity of your response on a scale of 1 to 10 (*1 = Very Mild, 10 = Extremely Intense*)

### **Step 3: Analysing the Trigger**

What thoughts went through your mind during the event? (e.g., "I'm not good enough")

Do you notice any patterns in these thoughts? (e.g., self-doubt or fear of failure)

Have you experienced similar triggers in the past? If yes, describe a similar past event.

How did you respond to that past event? Was it similar or different to your current response?



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#### **Step 4: Reflecting and Planning**

What can you learn from this event about your triggers and responses?

How did your response affect your performance or behaviour? (e.g., did it impact your focus, decision-making, or interactions with others)

What strategies can you use to manage your response next time? (e.g., deep breathing, positive self-talk, taking a short break)

Who can support you in managing these triggers? (e.g., coach, psychologist, teammate)