

Reflection Worksheet

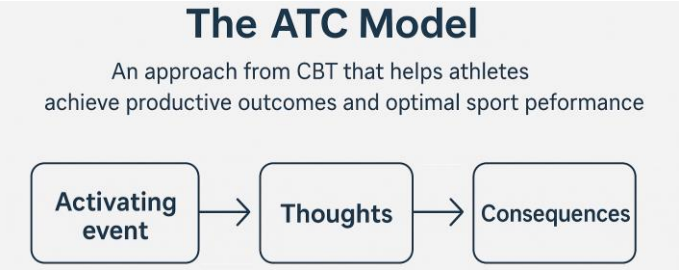
Learning from a Tough Moment



Name: _____ Date: _____ Team: _____

Everyone makes mistakes. What matters most is what you *learn* from them. This worksheet will help you think through what happened and how you can grow from it.

The ATC model—**Activating event, Thoughts, Consequences**—is a simple tool from cognitive behavioral therapy (CBT) that helps athletes understand how their **thoughts**, not the event itself, lead to emotional and behavioral **consequences**. By recognizing and challenging unhelpful thoughts, athletes can build emotional awareness and self-control, leading to more **productive outcomes** like better focus, decision-making, and composure under pressure. In sport, using the ATC model supports **optimal performance** by helping players stay mentally resilient, adapt quickly, and respond to adversity with clarity and purpose.



Let's work through it step by step:

Step 1: What Happened? (The “A” in ATC – Activating Event)

1. What happened during the game that made you upset?

(Try to describe the moment, like a story.)

2. What was going on around you? (Score, time, pressure, people watching?)

Step 2: What Were You Thinking? (The “T” in ATC – Thoughts)

Our thoughts happen very fast, and they shape how we feel and act. Let’s slow it down.

3. What thoughts were going through your head right after it happened?

(Examples: “That’s not fair,” “He’s wrong,” “I’m mad,” “Why does this always happen?”)

Step 3: What Did You Feel? (Emotional Awareness)

Feelings aren’t good or bad—they're clues. They tell us something important.

4. Circle the emotions you felt in that moment (you can circle more than one):

Angry

Disrespected

Nervous

Frustrated

Sad

Disappointed

Embarrassed

Confused

Other: _____

5. What do you think those feelings were trying to tell you?

(Example: “I felt angry because I thought the call was unfair,” or “I felt embarrassed because I struck out.”)

Step 4: What Happened Next? (The “C” in ATC – Consequences)

6. What did you do next? How did your actions affect...

You? _____

Your team? _____

The umpire? _____

Your parents/coaches? _____

Step 5: Now Let's Flip It (Mental Performance Tools)

We can *change how we think* so we can *change how we feel and act*. That's how we stay in control.

7. If you could rewind time, what would you do differently?

8. What would you tell yourself in that moment to stay calm and focused?

(Examples: "Breathe, stay cool," "I can't control the ump, but I can control me," "I play better when I'm calm.")

9. What can you do next time you feel frustrated during a game?

(Pick a tool you want to try: breathing, stepping away, saying a calming phrase, talking to the coach, etc.)

Step 6: Moving Forward

10. What does being a good teammate mean to you?

11. How can you show that—even when you're frustrated?

12. What's one thing you'll do this week to earn back your team's trust?

(Examples: help clean up the field, be the first to practice, encourage others.)

You're Growing Stronger

Mistakes are chances to grow. You're learning to be more aware of your thoughts, feelings, and actions—and that's what real leaders do. You got this!

