

Continue

































During a competition or situations in sport and exercise, such as: • Before a competition or training session: You can use cognitive restructuring to prepare yourself mentally and emotionally for the upcoming challenge. You can identify any negative thoughts that may arise and replace them with positive ones that will boost your confidence and focus. • During a competition or training session: You can use cognitive restructuring to cope with any difficulties or setbacks that may occur. You can identify any negative thoughts that may interfere with your performance and replace them with positive ones that will help you appreciate your effort and improvement. Cognitive Restructuring: Tips and Strategies Cognitive restructuring is a skill that can be learned and improved with practice. Here are some practical tips and strategies for implementing cognitive restructuring in sport and exercise settings: 1. Identify your negative thoughts: The first step is to become aware of the negative thoughts that pop up in your mind when you face a challenging or stressful situation in sport or exercise. You can use tools such as thought records or journals to monitor your thoughts and write them down. Some questions that can help you identify your negative thoughts are: What am I thinking right now? What is the worst thing that could happen? What am I afraid of? What am I telling myself? 2. Challenge and evaluate your negative thoughts: The second step is to examine your negative thoughts and question their validity and accuracy. You can use tools such as evidence, logic, perspective taking, or questions such as: What is the evidence for or against this thought? Is this thought based on facts or feelings? Is this thought helpful or harmful? What would I say to a friend who had this thought? How would someone else see this situation? 3. Generate alternative thoughts: The third step is to replace your negative thoughts with more positive, rational, or adaptive ones that are more in line with reality and your goals. You can use tools such as affirmations, coping statements, or questions such as: What is a more balanced or realistic way of thinking about this situation? What is a more positive or optimistic way of thinking about this situation? What is a more empowering or motivating way of thinking about this situation? 4. Practice and reinforce your positive thoughts: The fourth step is to practice your new thoughts and make them a habit. You can use tools such as rehearsal, feedback, visualization, or reward to reinforce your positive thoughts and make them stick. Some tips for practicing your positive thoughts are: Repeat your positive thoughts aloud or in your mind several times a day. Write down your positive thoughts on sticky notes or cards and place them where you can see them. Visualize yourself performing well while thinking your positive thoughts. Ask for feedback from others who support you and encourage you. Reward yourself for thinking positively with something that you enjoy or value. Conclusion Cognitive restructuring is a powerful technique that can help you change your negative thoughts and emotions that may hinder your performance in sport and exercise. By identifying, challenging, and replacing your cognitive distortions with more realistic and helpful thoughts, you can improve your mental health, cognitive functioning, physical activity, and sports performance. You can also enhance your confidence, focus, motivation, and well-being. Cognitive restructuring is a skill that can be learned and improved with practice. You can use various tools and strategies to monitor, evaluate, and reframe your thoughts in different situations. You can also work with a mental skills consultant who can guide you through the process and provide feedback and support. Cognitive restructuring is not a magic bullet that will solve all your problems or guarantee success. It is a tool that can help you cope with challenges and setbacks more effectively and optimistically. It is also a tool that can help you enjoy and appreciate your sport and exercise activities more fully. If you enjoyed reading this article, you may also like this article that summarizes 10 Effective Mental Strategies for Sports Performance Enhancement: 10 Effective Mental Strategies for Sports Performance Enhancement Discover ten powerful mental strategies backed by scientific research to enhance sports performance. From goal setting to visualization, positive self-talk, and more, optimize your mental game for success. If you are serious about achieving peak performance, get in touch today! Together, we can create a tailored plan for you to take your performance to the next level. In the high-pressure world of athletics, where winning and losing hang in the balance, perspective is an often overlooked weapon. It's the lens through which athletes see challenges, interpret setbacks, and fuel their motivation. A narrow perspective might lead to discouragement from defeat, whereas a broader perspective helps people to consider these stepping stones toward growth. Imagine a star basketball player who misses a crucial free throw. Without perspective, they might sink into self-doubt. But with it, they can see the game as a chance to refine their technique and emerge even stronger in the next game. The ability to reframe experiences distinguishes individuals who thrive from those who fall under pressure. MyMentalCoach helps athletes do exactly this. Sports Psychologists working with us empower athletes by teaching them to reframe challenges, transforming setbacks into springboards for growth, and building unshakeable resilience. Let's understand in this article the importance of perspectives and how athletes can develop resilience from them. What are Perspectives? Imagine your brain is like a pair of special glasses. These glasses tint everything you see in a certain way, affecting how you feel and react. These tints are your perspectives – your unique ways of understanding the world based on your beliefs and experiences. Sometimes, these glasses have unhelpful tints, making everything seem gloomy or scary. This is where things like negative thoughts and limiting beliefs come in. They're like those unhelpful tints making even small things seem like huge problems. How can Reframing Perspectives Make or Break Your Behaviour? Your brain is like a network of interconnected pathways. These pathways, formed by your experiences and beliefs, influence how you interpret information and ultimately guide your behavior. Reframing your perspective, also known as cognitive restructuring, involves altering these pathways, potentially making or breaking your behavior. How Reframing Affects Your Behavior Positively: When you reframe a thought, you engage different brain regions than before. For example, reframing a perceived threat (e.g., "This game will be a disaster!") to a challenge (e.g., "This is an opportunity to showcase my skills!") activates the prefrontal cortex, which is responsible for executive function and emotional regulation. This shift leads to calmer emotions and focused behavior. By repeatedly challenging and replacing unhelpful thoughts, you weaken the underlying neural connections associated with them. This makes activating the newly formed, more adaptive pathways associated with your reframed perspective easier. How Reframing Can Break Your Behavior: If you constantly reframe challenges as insurmountable obstacles, you strengthen neural pathways associated with negativity and helplessness. This can lead to learned helplessness, where you avoid situations due to the ingrained belief that success is impossible. While reframing can empower, ignoring genuine problems (e.g., framing over-exercising as "discipline") can prevent necessary corrective actions. This can lead to worsening situations and emotional harm. Neuroplasticity: The Science Behind Reframing Our brains are constantly adapting, this phenomenon is called neuroplasticity. Imagine your brain is a network of roads. The more you travel a specific route (think of a thought pattern), the wider and smoother that path becomes. Reframing challenges disrupt this routine. By consciously choosing a new perspective, you forge new neural pathways. It's like taking a detour – challenging and unfamiliar at first, but with repetition, this new path becomes stronger, making it easier to adopt a positive outlook in the future. So, reframing isn't just a mental trick; it's literally rewiring your brain for resilience. Reframing perspectives holds undeniable power in building resilience, but it's not just one piece of the puzzle. Read this article titled, "How Reframing Builds Resilience" to get a detailed understanding of the connection between building resilience and reframing your thoughts. Here are 5 deeper ways your chosen perspectives can help you become more resilient: Before we discuss the strategies, read this article by MyMentalCoach titled, "How Mental Training Builds Resilience: 5 Proven Ways to Overcome Setbacks" which gives detailed explanations about resilience and effective strategies to build resilience. Top 5 Ways to Reframe Your Perspectives! 1. Cultivating a Growth Mindset Instead of seeing challenges as fixed setbacks, view them as opportunities for learning and growth. This belief system called a growth mindset, allows you to bounce back from failures, embrace mistakes as stepping stones, and approach difficulties with curiosity and a willingness to learn. 2. Embracing Uncertainty The future is inherently uncertain, and clinging to rigid expectations sets us up for disappointment. Embracing this uncertainty fosters adaptability and flexibility, key qualities for navigating ever-changing situations. By accepting what you can't control, you free your energy to focus on what you can: your response and adaptation. 3. Building a Strong Sense of Purpose Having a clear sense of purpose beyond immediate challenges provides direction and meaning in difficult times. When life throws curveballs, knowing your "why" keeps you motivated and grounded, reminding you of what truly matters. This purpose could be anything from caring for loved ones to contributing to a larger cause. 4. Fostering Strong Social Connections Humans are social creatures; meaningful connections provide invaluable support and strength during challenging times. Sharing burdens, learning from others' experiences, and receiving encouragement from loved ones all contribute to emotional and practical resilience. Cultivate strong social networks, seek help when needed, and offer support to others. 5. Practising Gratitude Gratitude, even for small blessings amidst difficulties, shifts your focus to the positive aspects of life. This cultivates optimism, reinforces appreciation for what you have, and enhances your ability to cope with challenges. Make practicing gratitude a daily habit, whether it's journaling, expressing thanks to others, or simply taking a moment to appreciate the good in your life. At MyMentalCoach, we believe cognitive reframing is a process that can be learned by anybody. Therefore we have created a step-by-step process for you to become the best version of yourself. Step 1: The process of self-discovery: we help you understand your mindset. Only when you understand your thinking patterns can you start to alter it or control it. Step 2: Develop critical thinking through personalized mental coaching. Train your mind, thoughts, and behavior to address your specific weaknesses. Contact this number +91 9823791323 to get your personalized mental training session. Remember, developing these resilient perspectives isn't a one-time effort. It's a continuous journey of self-awareness, mindfulness, and actively challenging unhelpful thought patterns. By taking these steps, you can build a robust inner world that helps you weather life's storms and emerge stronger and more resilient. Hey TRM Team, Exercise can be challenging, both physically and mentally. For many people, there are a variety of mental barriers that prevent them from engaging in regular physical activity. These barriers can include negative self-talk, a lack of confidence, and a fear of failure. However, by using cognitive reframing techniques, it's possible to overcome these barriers and build a more positive mindset around exercise. In this article, we'll explore how cognitive reframing works and how you can use it to overcome your exercise barriers. What is Cognitive Reframing? Cognitive reframing is a psychological technique that involves changing the way you think about a situation. It involves identifying negative or unhelpful thoughts and replacing them with more positive and constructive thoughts. By changing the way you think about a situation, you can change the way you feel and behave. How Cognitive Reframing Can Help You Overcome Exercise Barriers Cognitive reframing can be a powerful tool for overcoming exercise barriers. Here are some examples of how it can help: Negative Self-Talk – Many people engage in negative self-talk when it comes to exercise. They might tell themselves that they're not fit enough, that they don't have time, or that they're too old to start exercising. By reframing these negative thoughts, you can replace them with more positive and empowering ones. For example, instead of telling yourself that you're not fit enough, you can reframe that thought to "I'm making progress every day and getting stronger with each workout." Lack of Confidence – Lack of confidence can be a major barrier to exercise. By reframing your thoughts, you can build your confidence and develop a more positive attitude towards exercise. For example, instead of thinking "I'm not good at this," you can reframe that thought to "I'm still learning and improving every day." Fear of Failure – Fear of failure can prevent many people from starting or sticking to an exercise routine. By reframing your thoughts, you can overcome this fear and develop a more positive mindset. For example, instead of thinking "I'll never be able to do this," you can reframe that thought to "I'm going to keep trying until I get it right." It's important to remember that cognitive reframing is not a one-time fix. It takes practice and repetition to change the way you think about exercise. The more you practice cognitive reframing, the easier it will become, and the more natural positive thinking will feel. So, be patient with yourself and stay committed to using cognitive reframing to overcome your exercise barriers. Steps to Use Cognitive Reframing Here are some steps to use cognitive reframing to overcome your exercise barriers: Identify your negative thoughts – Pay attention to your thoughts and notice when you engage in negative self-talk or unhelpful thinking patterns. Challenge your negative thoughts – Once you've identified your negative thoughts, challenge them by asking yourself if they're really true. Often, negative thoughts are based on assumptions or fears rather than reality. Reframe your thoughts – Once you've challenged your negative thoughts, reframe them in a more positive and constructive way. For example, instead of thinking "I'm too tired to exercise," you can reframe that thought to "I'll feel better after I exercise." Practice positive self-talk – Use positive self-talk to reinforce your new, positive thoughts. For example, tell yourself "I'm making progress every day" or "I'm proud of myself for showing up and doing the work." Conclusion Exercise can be challenging, both physically and mentally. However, by using cognitive reframing techniques, it's possible to overcome your exercise barriers and develop a more positive mindset. By identifying your negative thoughts, challenging them, and reframing them in a more positive way, you can build your confidence, reduce your fear of failure, and develop a more positive attitude towards exercise. With practice, cognitive reframing can become a powerful tool for improving your overall well-being and achieving your fitness goals. Cognitive reframing is not really a "trick" it's a skill that I teach athletes where they learn to shift focus and self-talk which can help make particularly long or challenging sets more bearable. Did you know that you have the power to shift your perceptive, focus, and control your attitude in every situation or challenge you are faced with? You do but you must train and harness this ability. Otherwise, we continue to fall victim to negative, discouraging, or reactive self-talk and attitudes. In Dialectical Mental Skills Training I teach athletes that "there is always more than one TRUE way to see a situation and more than one TRUE opinion, idea, thought, or dream." This helps them (and myself) lean on the understanding that any first thought or reaction is not always the best or most effective way to view a situation. For example, this morning I had a set of 15 minute power intervals on the bike. My first reaction thoughts were "Ugh I hope my legs can push through and hold steady the whole 15 minutes." Me, being the sport psychologist and I clinical psychologist that I am, quickly became aware of my reaction and reframed how I would approach the 15 intervals. More on that in a second. According to the medical dictionary the definition of cognitive reframing is "changing the conceptual and/or emotional viewpoint in relation to which a situation is experienced and placing it in a different frame that fits the 'facts' of a concrete situation equally well, thereby changing its entire meaning." Cognitive reframing is a technique for altering negative or self-defeating thought patterns by deliberately replacing them with positive, constructive self-talk. From the definition you can see how it could be incredibly helpful during a long race, like an Ironman, to be able to reframe situations and manage negative self-talk. So let's go back to my morning bike intervals. We will use my bike workout from this morning as an example of how I incorporated cognitive reframing. This morning we (my husband and I) got started around 4:45 this AM. The set included a warm up, 5 intervals of high intensity Z4, a spin out, and then the 2 x 15, and then a steady wattage to cool down and finish out the time set for the bike set. After the bike we had a transition run. Below is an example of how reframed and mentally "broke up" one of the 15 minute intervals. From the example you can see the "facts" of the workout did not change but the way in which I reframed the time helped me focus more on being present in that moment or minute, and as a result I worried less on what is to come or what could happen. This "method" or way of reframing is one that that works for me. Each athlete can tailor their approach to what works for them and their mindset but my example nicely illustrated the mental skill of cognitive reframing. There are many ways to apply reframing and in many situations. I'm not perfect and definitely not free from having my mentally challenging days however I know I do have tools that I use often to get me through my long runs, challenging training sets, and difficult times. I hope this "snap shot" view into my mindset and what helps me during Ironman training. I hope it has gotten you thinking about different ways that you can approach some difficult workouts or tasks in your life. It's approximately 7 weeks out from Ironman Texas and I'm feeling great! Marni and Karel of Trimara Coaching and Nutrition have laid out a great training plan for Ken and I thus far. I definitely feel stronger, more confident, smarter, and best of all, injury free. No matter the outcome in Texas I know that I am being prepared well with people that admire and trust. I could not thank them enough! In case you did not know Marni WON the women's race at HTF (70.3) Ocala in Florida last weekend and Karel got 4th overall men and 1st AG despite a flat on the bike. They're on fire! Big things coming from them. So excited for their hard earned success! They definitely walk the talk! Have a great weekend peeps and never forget you have an amazing power within you to choose your attitude and perspective to anything you face in life...yup you ARE that powerful! Own it! Dr. G Cognitive reframing is a technique used to reduce unrealistic or irrational thoughts and think in a more constructive way instead. It's used as part of cognitive behavioural therapy. Carers of people with dementia sometimes respond inappropriately to the behaviour of the person with dementia. The stress and pressure of caring for their loved one may produce a self-defeating attitude or a lack of confidence in their own performance as a carer. This systematic review from the Cochrane Dementia Group set out to evaluate the effectiveness of cognitive reframing interventions for family carers of people with dementia on their psychological morbidity and stress. The reviewers conducted a comprehensive literature search and found 11 randomised controlled trials to include in their review. When they combined the results of the trials they found a beneficial effect of cognitive reframing interventions on carers' psychological morbidity, specifically: Anxiety (standardised mean difference (SMD) -0.21; 95% confidence interval (CI) -0.39 to -0.04) Depression (SMD -0.06; 95% CI -1.27 to -0.05) Subjective stress (SMD -0.23; 95% CI -0.43 to -0.04) No effects were found for carers' coping, appraisal of the burden, reactions to their relatives' behaviors, or institutionalization of the person with dementia. The reviewers concluded: Cognitive reframing for family carers of people with dementia seems to reduce psychological morbidity and subjective stress but without altering appraisals of coping or burden. The results suggest that it may be an effective component of individualised, multi-component interventions for carers. Identifying studies with relevant interventions was a challenge for this review. The use of cognitive reframing might be higher when used alongside other interventions because this offers better opportunities to tailor cognitive reframing to actual everyday carer problems. Vernooij-Dassen M, Draskovic I, McCleery J, Downs M. Cognitive reframing for carers of people with dementia. Cochrane Database of Systematic Reviews 2011, Issue 11. Art. No.: CD005318. DOI: 10.1002/14651858.CD005318.pub2. Share on Facebook Tweet this on Twitter Share on LinkedIn Share on Google+ Mark as read Create a personal efl note about this blog Discover how Innovel can transform your health service, improve patient mental health outcomes, enable clinical efficiency and support better care coordination. Ready to start your free trial? 1 Keep up to date with the latest mental health research 2 Get #EIHhelp to disseminate your research 3 Track your learning and contribute to your professional development We search thousands of sources to find new evidence-based research You receive bespoke email alerts of the evidence that matters most to you Join evidence-based journal clubs and interactive webinars Use cutting-edge technology to discuss the latest evidence Create reflective practice notes to support your CPD/CME Download certificates for your professional development file This is an incredibly important channel bridging science and practice. It is objective and inclusive. It is a brilliant service to us all. - Prof Louise Arsenault The Mental Elf is great ammunition for the next mental health revolution. - Sir Muir Gray The Social Care Elf has quickly become one of the leading sources of bite-sized summaries of relevant, reliable social care research. - Lyn Romeo The Mental Elf is really the best thing for education in mental health and evidence-based treatment on the Internet right now. Fantastic, timely, thorough, unbiased work. - Prof Michael Ostacher A terrific resource for busy mental health experts needing quick effective briefing about latest research and policy. Fills a major gap in a high quality and energising way. - Prof Rachel Jenkins As someone working on the front-line of service provision and at an international policy level I really couldn't recommend this resource highly enough. - Amelia Mustapha Mental Elf - You really do a wonderful job. Thank you for your special contribution. - Sir Michael Marmot An invaluable resource. Dr Geraldine Strathmore The Mental Elf is one of the best things on Twitter. I always enjoy and learn from its wonderfully informative, lively and balanced reviews - Allen Francis MD Share - copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt – remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution – You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike – If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions – You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Sports psychology plays a crucial role in improving and maintaining the performance of athletes. Sports psychology is typically only a part of a larger strategy for performance maintenance and improvement, which can include such things as physical training, practice, and diet. Just as there are many components of a performance maintenance and improvement regimen, there are often multiple components of a treatment plan in sports psychology. One of the potential treatment options, particularly if an athlete is having issues with recurrent negative thoughts, is cognitive restructuring.\* This post may contain affiliate links. As an Amazon Associate we earn from qualifying purchases. What Is Cognitive Restructuring? Cognitive restructuring is a technique used by psychologists to help individuals with negative thoughts and beliefs. It involves identifying and challenging negative thoughts and replacing them with more positive and realistic ones. This process is often used in cognitive behavioral therapy (CBT) and other forms of psychotherapy. Cognitive restructuring generally follows a four-step process. First, a person examines their responses to specific circumstances or situations to identify negative thought patterns or negative self-statements. Second, a person selects and rehearses coping self-statements that they could use in place of negative self-statements. Third, a person begins to use the coping self-statements in place of negative self-statements. Finally, a person will select and rehearse positive self-statements. Cognitive Restructuring in Context Cognitive restructuring is a powerful psychological technique, but it is rarely used in isolation. Frequently, the technique is used as a component of a broader approach to therapy, like rational emotive behavior therapy or cognitive-behavioral therapy. Rational Emotive Behavior Therapy Cognitive-behavioral Therapy Rational emotive behavior therapy focuses on the application of rationality and logic to beliefs held by a person. Rational beliefs, which are desirable, are in line with reality, capable of change, and self-enhancing. Irrational beliefs are those beliefs which are not in line with reality, inflexible, and self-defeating. Irrational beliefs are a cause of significant stress and distress, and can adversely affect performance in stressful situations. One example of an irrational belief might be being convinced that nothing you do is good enough. This belief may distort your perception of your work, causing you to question the worth of work that your peers see as quite good. This belief might also make it difficult for you to apply for promotions or complete accurate self-assessments as part of a review process. When used as part of rational emotive behavior therapy, cognitive restructuring can assist with pinpointing and replacing unhealthy irrational beliefs with more positive rational beliefs. In the example above, cognitive restructuring would first be used to identify the negative self-statement, in this case that nothing the individual does is good enough. Coping statements would be chosen and rehearsed, then substituted for the negative self-statement. Finally, the individual would choose and rehearse positive self-statements. Ultimately, by replacing the irrational thought, the individual should see an increased ability for accurate self-assessment. This more accurate self-assessment, coupled with the removal of the expectation of failure, could lead to more success in applying for promotions and a smoother review process. Cognitive-behavioral therapy combines cognitive and behavioral procedures. Some treatment plans will focus more heavily either cognitive or behavioral therapy, but those who make use of cognitive-behavioral therapy as part of their practice generally operate with a shared appreciation of basic learning principals and the role of key mental processes in human behavior. For cognitive-behavioral therapy, key mental processes are those which concern the acquisition of knowledge and comprehension. Frequent Psychological Tools Used in Conjunction with Cognitive Restructuring Most often, cognitive restructuring is used as one of many tools to modify thought structures and behaviors. Two related practices often used in conjunction with this technique are mindfulness and self-compassion. Mindfulness Self-Compassion To perform mindful meditations, a single focus of attention is chosen. Frequently, the focus is on breathing. For a set amount of time, the individual focuses on experiencing their object of focus. In the case of breathing, the focus would be on the sensations experienced during breathing rather than thinking about the process of breathing or controlling the breath. During mindful meditation, any thoughts that enter your mind are gently dismissed and the attention is returned to the object of focus. Mindfulness can assist with increased clarity and ability to gently dismiss negative self-statements. The practice of self-compassion involves addressing yourself with kindness and concern when you experience suffering. For example, in the event that you make a mistake, instead of telling yourself that you did something stupid, you would instead recognize that you made a mistake and that that is a part of human existence. While self-compassion is applicable to athletes in many sports, results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased positive feels about athletic performance, increased motivation, and decreased stress. Cognitive restructuring is likely to be part of an individualized, comprehensive sports psychology treatment that is likely to include other treatment techniques and introduce additional tools to assist with stress management and emotional management. These treatments and techniques will see the best results if they are integrated into an athletic improvement and maintenance regimen that also includes other lifestyle management to address a healthy exercise and training regimen, diet and nutrition, and mental preparation. Results were seen beginning very quickly, with players shifting from seeing stressful circumstances as threats to seeing stressful situations as challenges. It was reported that this re-framing greatly increased positive feelings about performance and less stress. How to Use Cognitive Restructuring in Sports Psychology Cognitive restructuring is an important tool in sports psychology. In order to use this treatment effectively, however, it needs to be administered by someone with adequate knowledge and training to effectively work with athletes. Those who wish to practice sports psychology that incorporates cognitive restructuring may need to complete training that take a significant amount of time and dedicated study. Those who are hoping to improve their athletic performance by incorporating this technique into their lives are best suited to find an experienced sports psychology professional who makes use of the technique. If there are no sports psychology professionals available, interested athletes should be able to see any psychology professional who employs the technique, but those with experience with athletes are likely to deliver the best results. The effectiveness of cognitive restructuring makes it a desirable tool for many athletes, but it should be kept in mind that it is likely to be one of many tools provided during the course of sports psychology treatment and that treatment is unlikely to consist solely of cognitive restructuring. Conclusion Cognitive restructuring is an incredibly promising technique for assisting athletes in better coping with the high-pressure situations that high-level athletes routinely experience. Those athletes who undergo treatment that includes this technique frequently see marked and rapid results that include increased athletic performance, increased