

REBOUND

WORKSHEETS

Train Your Mind to Bounce Back Stronger
from Sports Injuries

These worksheets are designed to help you complete the exercises in the book (Bloomsbury Sport, 2019).

EMOTION DECODER

Circle all that you are currently feeling:

- | | | |
|--------------|-------------|-------------|
| Accepting | Empowered | Joyful |
| Adversarial | Envious | Judgmental |
| Aggressive | Excited | Lonely |
| Angry | Exhausted | Mad |
| Annoyed | Fearful | Miserable |
| Anxious | Foolish | Moody |
| Ashamed | Frazzled | Panicked |
| Betrayed | Frightened | Pleased |
| Bored | Frustrated | Powerful |
| Brave | Glad | Preoccupied |
| Calm | Grateful | Proud |
| Cautious | Grieving | Reactionary |
| Competitive | Guilty | Rejected |
| Confident | Happy | Relief |
| Conflicted | Helpless | Remorse |
| Confused | Hopeful | Resentful |
| Courageous | Hopeless | Responsible |
| Curious | Hurt | Sad |
| Defeated | Ignorant | Scared |
| Depressed | Impulsive | Selfish |
| Desperate | Indifferent | Sensitive |
| Determined | Insecure | Shame |
| Disconnected | Inspired | Shocked |
| Discouraged | Intolerant | Sorry |
| Disgusted | Irritated | Tense |
| Elated | Isolated | Tired |
| Embarrassed | Jealous | Worried |

INJURY INTAKE FORM

Emotions you've experienced so far:

Specific challenges you have faced:

Biggest fear or concern:

What you're doing well:

How you're holding yourself back:

Personal or situational factors contributing to stress:

How you're feeling about your medical team:

Additional support you might need:

SIDELINED SWOT

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS

LAUGH OUT LOUD

Five things that make you smile:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Five things most likely to make you laugh out loud:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Five activities you enjoy that you can do while injured:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Five of your favorite television or movie comedies:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

OBSTACLES TO OPPORTUNITIES

DEFINING SENTENCE	THOUGHTS	EMOTIONS
This is going to suck .		
This is going to be hard .		
This is going to be a challenge .		
This is going to be an opportunity .		

REDEFINE SUCCESS

Your firsts

Times you've
demonstrated perseverance
and resilience:

People you're grateful
for:

Things you're proud
of:

Ways you feel you're
becoming stronger:

Other wins to
celebrate:

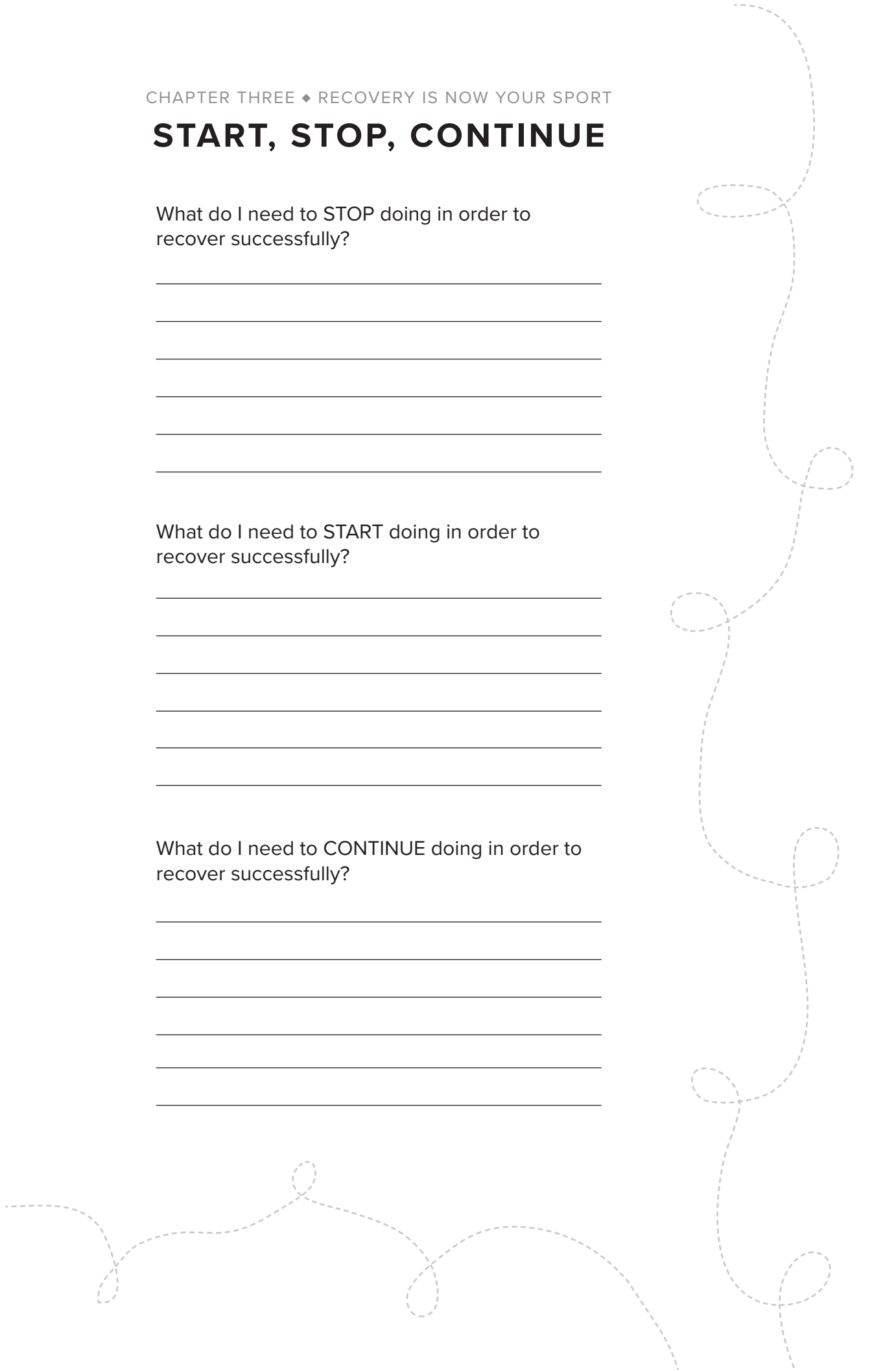
Celebrate your
progress:

START, STOP, CONTINUE

What do I need to STOP doing in order to recover successfully?

What do I need to START doing in order to recover successfully?

What do I need to CONTINUE doing in order to recover successfully?



GRAB YOUR GOALS

What's my objective?

When do I want to have this goal accomplished?

What supplies/resources/support do I need to accomplish this goal?

What specific strategies will I employ to accomplish this goal?

How will I know if I am on the right track with my progress?

HERO'S JOURNEY

CALL TO ADVENTURE

ASSISTANCE

CROSSING THE THRESHOLD

CRISIS

TRIALS

TRANSFORMATION

THE REWARD

RETURN

TIME TRAVEL LOG

DATE/TIME	SELF-TALK	PAST OR FUTURE
	SITUATION	MOOD
DATE/TIME	SELF-TALK	PAST OR FUTURE
	SITUATION	MOOD
DATE/TIME	SELF-TALK	PAST OR FUTURE
	SITUATION	MOOD

IN/OUT CONTROL

IN CONTROL

OUT OF CONTROL

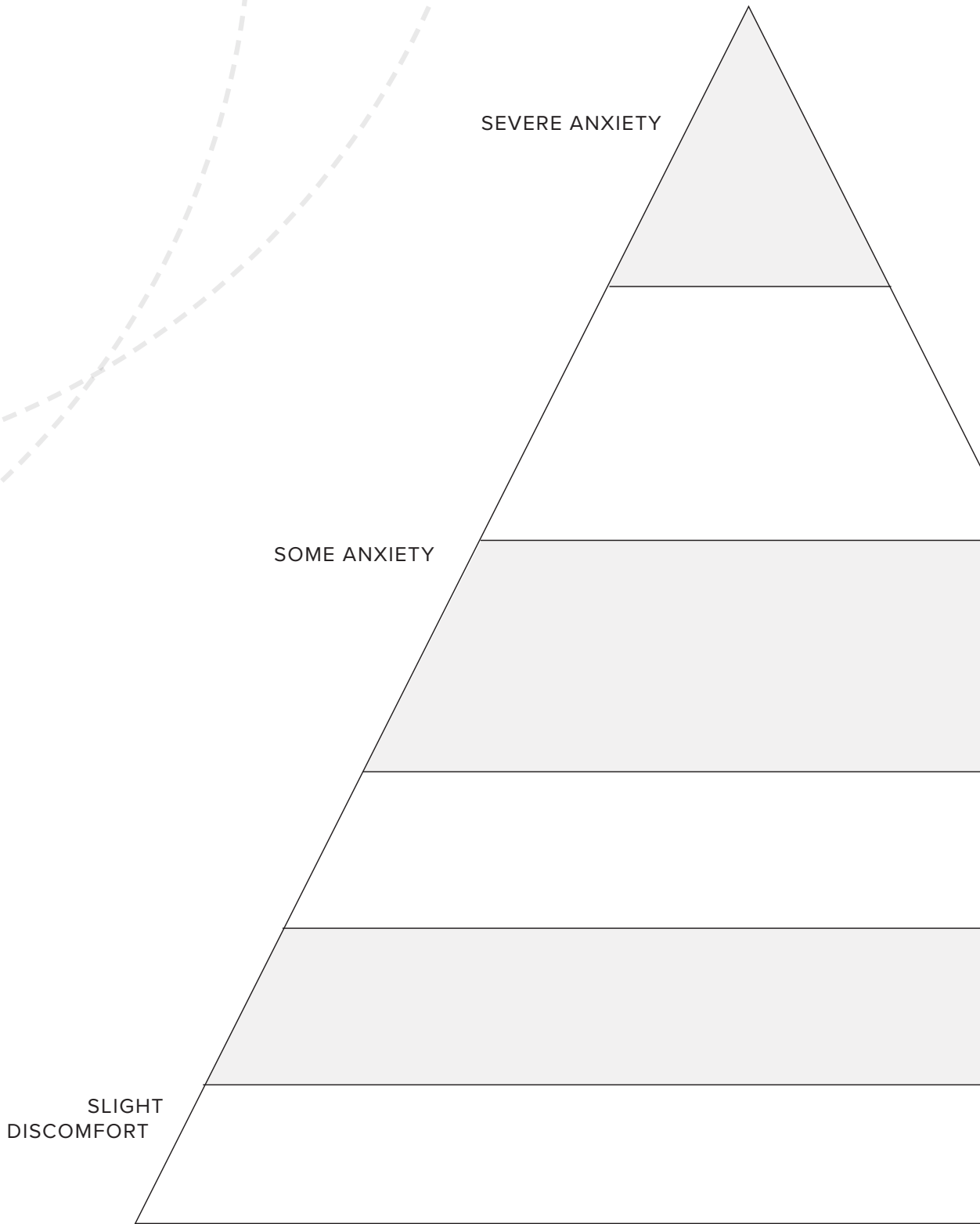
PAIN LOG

DATE:	ACTIVITY:
PAIN INTENSITY: MILD MODERATE SEVERE	PAIN RATING: 1 2 3 4 5 6 7 8 9 10
WHEN DID PAIN OCCUR? BEFORE DURING AFTER	QUALITY OF PAIN: SHARP ACHING THROBBING STABBING BURNING SHOOTING TENDER NUMB STINGING
OTHER NOTES:	

DATE:	ACTIVITY:
PAIN INTENSITY: MILD MODERATE SEVERE	PAIN RATING: 1 2 3 4 5 6 7 8 9 10
WHEN DID PAIN OCCUR? BEFORE DURING AFTER	QUALITY OF PAIN: SHARP ACHING STABBING BURNING TENDER NUMB
OTHER NOTES:	

DATE:	ACTIVITY:
PAIN INTENSITY: MILD MODERATE SEVERE	PAIN RATING: 1 2 3 4 5 6 7 8 9 10
WHEN DID PAIN OCCUR? BEFORE DURING AFTER	QUALITY OF PAIN: SHARP ACHING THROBBING STABBING BURNING SHOOTING TENDER NUMB STINGING
OTHER NOTES:	

ANXIETY PYRAMID

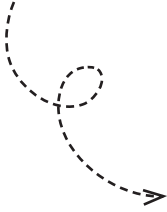


CAN YOU COPE?

STRESSOR	STYLE	STRATEGY

BUILD YOUR TEAM

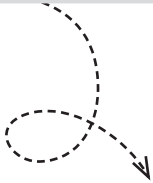
Emotional
Support



What: _____

Resources: _____

Tangible
Support



What: _____

Resources: _____

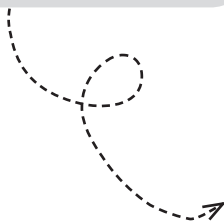
Informational
Support



What: _____

Resources: _____

Motivational
Support



What: _____

Resources: _____

FOUND IN TRANSLATION

Person: _____

SAID:



MEANT:



SHOULD HAVE SAID:



Person: _____

SAID:



MEANT:



SHOULD HAVE SAID:



Person: _____

SAID:



MEANT:



SHOULD HAVE SAID:



CHART YOUR CONFIDENCE

TASK:

CONFIDENCE LEVEL:

1 2 3 4 5 6 7 8 9 10

WHY DIDN'T I RANK MYSELF ONE POINT LOWER?

WHAT WOULD NEED TO BE DIFFERENT IN ORDER TO RANK MYSELF ONE POINT HIGHER?

WHAT'S ONE ACTION I CAN TAKE TO INCREASE MY CONFIDENCE?

TASK:

CONFIDENCE LEVEL:

1 2 3 4 5 6 7 8 9 10

WHY DIDN'T I RANK MYSELF ONE POINT LOWER?

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COMPARE WITH COMPASSION

I COMPARED MYSELF TO...	I FELT...	DID I FEED THE MONSTER OR ATHLETE?

PLAN B

SITUATION Potential source of tension or stress	REACTION How you're likely to react initially, on instinct	PLAN B A response that would prove more facilitative

