

### **Case Conceptualization Outline for Performance Clients**

**Answering these questions will help the athlete learn about themselves as well as to identify goals for our work together. Please give considerable thought to each question before answering.**

1. What drove you to pick your sport?
2. How much enjoyment do you attain from your sport? What part of it do you enjoy most and least?
3. What are your goals in this sport?
4. Tell me two stories. The first is an actual story about you experiencing peak performance. The second is an actual story about you experiencing a personally disappointing performance.
5. Explain to me the pressures you endure in your sport. These could be intrinsic (internally based) or extrinsic (externally based).
6. Describe how your performances affect the way you see yourself as a person.
7. Describe how your performances affect the way you believe others see you.
8. When you prepare to perform what are your expectations?
9. How confident are you about your performance abilities in your sport?
10. Identify the sources of your performance confidence?
11. Describe those things that you feel impede peak performance
12. Describe your efforts to date to address these performance impediments.
13. As an athlete and compared to your competition what are your strengths?
14. What are your weaknesses?
15. Who do you study? What other athletes or performers do you try to emulate? Why?
16. What are the elements of success in your sport?
17. What distractions exist in your life and during competitions that affect your performances negatively?