

Mental Skills Assessment for Golf

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Directions

Please read the description of each of the golf-specific behaviors carefully. After reading the description, think about your own golf behaviors during the past four rounds. Please answer by circling one number between 0 and 10 that best reflects how true or untrue the description is for you. The more your own behavior fits the description, the higher the number should be (0 means the description is Not True at All, 10 means the description is Precisely True).

This scale is designed to assess your strengths and weaknesses as they relate to your golf performance. This scale is not a measure of your skills as a golfer. There are no “right” or “wrong” answers. To be most useful to you, it is best to answer as honestly as possible.

| | Not at All True | Neutral | | | | | | | | Precisely True | |
|---|--------------------|---------|---|---|---|---|---|---|---|-------------------|----|
| 1. I am capable of achieving anything I put my mind to. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. I have learned to accept missed shots without becoming upset. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. I have difficulty controlling negative thoughts | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. I use a consistent pre-shot routine prior to every shot. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. I do not enjoy practicing as much as I probably should. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. Each time I play, I'm trying to better my game. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. I see my ball going to a target before every shot. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8. I tend to be a “worrier”. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9. I tend to get very competitive with my playing partners. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10. When appropriate, I communicate my thoughts, feelings, and needs to others. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11. I use self-talk to regulate thoughts, feelings, and behaviors during a round. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12. I usually have more than one swing thought in my head prior to a shot. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| | Not at All True | Neutral | | | | | | | Precisely True | | |
|---|------------------------|----------------|---|---|---|---|---|---|-----------------------|---|----|
| 13. I have set goals for my golf performance that are measurable. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14. I actively practice relaxation strategies if I get upset/angry during a round. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15. I believe I can recover from a poor start in a round. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 16. I recall positive shots or visualize positive shots before each swing. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 17. When facing a difficult shot, I tend to go for it. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 18. I practice my short game more than my mid-irons and driving clubs. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 19. I tend to experience a lot of muscular tension when I become anxious. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 20. The rewards and benefits of playing good golf is what motivates me. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 21. I have difficulty forgetting missed shots. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 22. I have a set plan for every hole I play. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 23. My range game is far superior to my actual game. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 24. When playing golf, I talk to myself the way I would talk to my own best friend. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 25. I believe I will hole almost every shot around the green. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 26. I am easily able to commit to a line when putting. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 27. I set realistic goals for my golf performance. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 28. I frequently curse/yell after a missed shot. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 29. I have learned effective skills for dealing with interpersonal conflict. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 30. I am willing to make sacrifices in order to achieve my golf goals. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 31. I am distracted easily on the golf course. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 32. I get anxious during difficult shots. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 33. I have difficulty committing myself to each and every shot. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| | Not at All True | Neutral | | | | | | | Precisely True | | |
|---|------------------------|----------------|---|---|---|---|---|---|-----------------------|---|----|
| 34. I blame outside forces for my missed shots. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 35. I have a specific plan for meeting my goals. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 36. I maintain my confidence during difficult times with positive self-talk. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 37. I pursue excellence, not perfection. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 38. I am able to see/hear the ball fall into the cup before making my putt. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 39. I am able to be patient with myself while trying to improve my golf game. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 40. Anxiety can help me perform well. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 41. I tend to think about my mechanics during my round. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 42. I prepare myself for each round by imagining myself performing well. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 43. I get frustrated and blame myself for missed shots. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 44. In competition, I am able to regain my focus when I lose concentration. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 45. I practice in a manner that mimics tournament play. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

In regards to your golf game, what do you find yourself consistently struggling with? Be specific: _____
