

# HOBSON

## PERFORMANCE

### TENNIS



### Tennis EMOTIONAL TOUGHNESS

These ten questions are designed to help you with your emotional resilience. As you read each question think about your past experiences and be honest about your emotional responses. Then we can get you to understand your emotional wiring and how to make you emotionally more resilient.

1: If I argue with my opponent, I can be upset for a long time afterwards

A-usually \_

B-rarely \_

2: If my opponent cheats me, I usually fume for a few games

A-usually \_

B-rarely \_

3: When I have had a tough emotional experience before the match or training, it has interfered with my ability to play at my best level

A-usually \_

B-rarely \_

4: If I am reprimanded by my coaches, I can easily shrug it off and take it as a learning experience

A-usually \_

B-rarely \_

5: If I am struggling and playing badly, it ruins my emotional toughness

A-usually \_

B-rarely \_

6: If my opponent does things that irritate me, I get frustrated and can be short tempered

A-usually \_

B-rarely \_

7: If I have equipment problems, the weather, or any outside interference it worries and upsets me

A-usually \_

B-rarely \_

8: If referees make poor decisions for me it puts me in a bad mood

A-usually \_

B-rarely \_

9: If someone with less ability beats me, or has a close game against me, it makes me angry, and/or insecure

A-usually \_

B-rarely \_

10: I often replay arguments I have with my opponents over and over in my head adding in what I should have said for a long time afterwards

A-usually \_

B-rarely \_

A- 1, B-1/2

Total: \_\_\_\_\_

**If your score is over a 6 you need some serious emotional resilience work!!**

**Everything else that goes into being a high-performing tennis player and individual:**

***All of it starts in the heart & mind.***

**If their heart & mind is in the right place, everything will improve.**

**Their technique, their decision making, their physical skills, their win percentage and their ranking.**

Everything.

Working on the heart and mind makes everything else better.

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If you are interested in coming for a tryout please reply: **Serious Training.**





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