



Practicing Self Compassion: The Antidote to Perfectionism & High Expectations



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
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director of Beyond Horizons Performance
(BHP). Through BHP, I'm committed to
embedding psychological skills training and
mental wellness across athletic and artistic
spaces.

Let's build confidence, mental toughness, and resilience together!



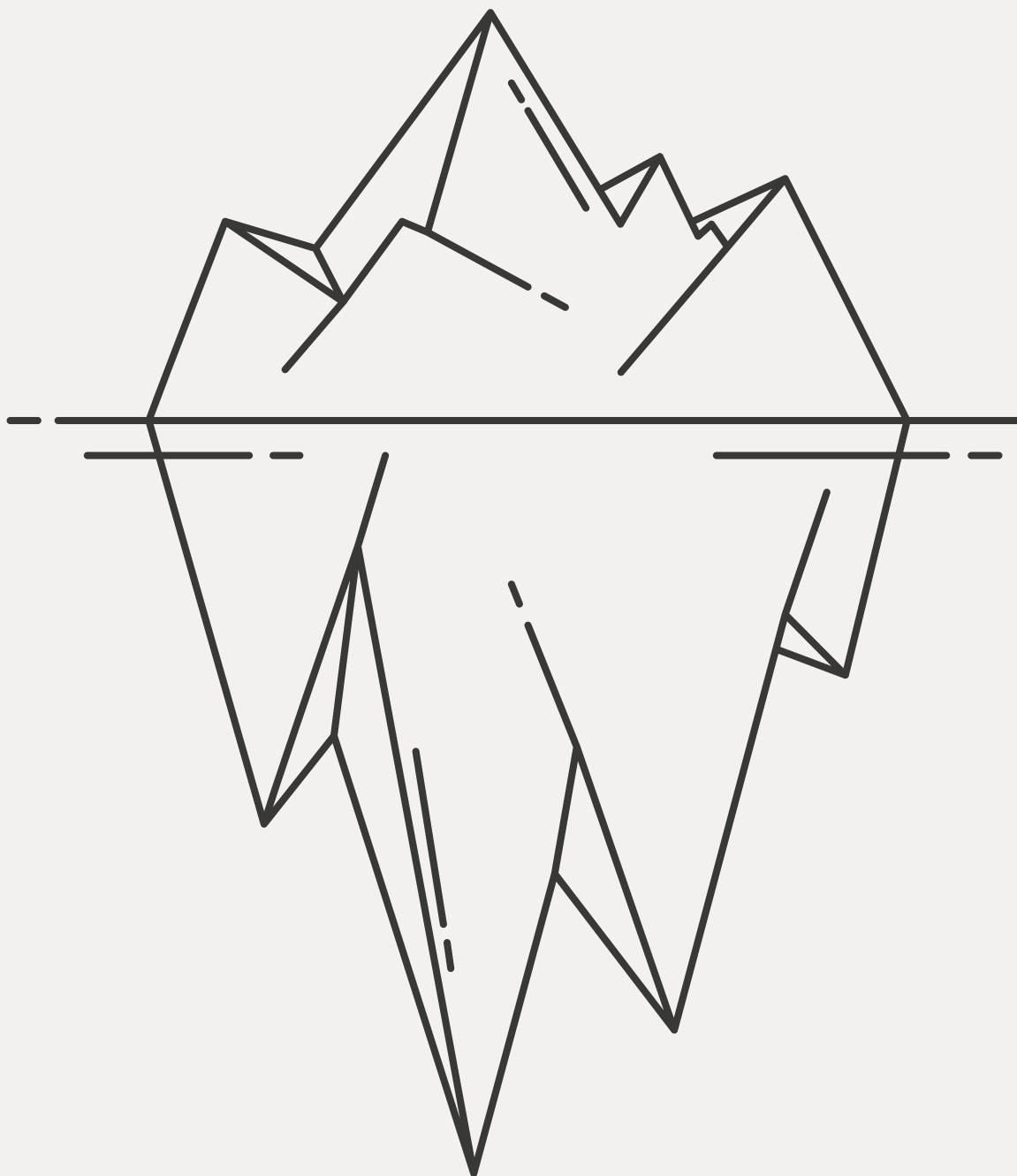
Self-compassion is such an overlooked mental skill, but its absolutely essential for athletes to learn. Athletes who identify as perfectionists or find it hard to meet their high expectations can benefit from practicing self compassion. Self-compassion isn't about "coddling" yourself as it is so much about accepting the circumstances.



a) Identifying Expectations in your Sport

Pressure is a culmination of explicit and implicit messages that we take on as expectations. Let's reflect on the expectations that are causing you to feel increased pressure.

- » Place the expectations that are **directly** communicated to you at the top of the iceberg.
- » Place the expectations that are **indirectly** communicated to you at the bottom of the iceberg.



b What's the Impact?

Reference the expectations you wrote in the previous section while reflecting on the following prompts:

How do those expectations influence my day to day efforts and behavior?



How do those expectations influence my mindset?



WARNING!

High and unrealistic expectations may cause self-doubt, perfectionism or may even cause you to push your body in unhealthy ways.

c What's the Impact?

Who is responsible for setting or communicating those expectations?



Choose a name to refer to these unwelcome expectations and write it in the space below.



d Practicing Self Compassion

When you find your inner critic taking over your mindset, remind yourself of these components to practice self-compassion

Recognizing Suffering » Being attentive/sensitive to the fact that some sort of 'suffering' is occurring.

Know Suffering As Universal » Recognizing that we all experience pain at some point to varying degrees.

Be Moved & Connected » Knowing that you have a larger purpose and are loved unconditionally.

Tolerate Uneasy Feelings » Not shying away or ignoring pain, but meeting this pain with kindness.

Act to Alleviate » Focusing our energy on ways to alleviate the pain through coping strategies .

In the spaces below, create a self talk phrase or statement that encompasses that component of self compassion:

Recognizing Suffering

EXAMPLE

"I didn't play my best today and it's effecting me."

Know Suffering As Universal

EXAMPLE

"I'm not the first one to be upset after a loss or bad game."

Be Moved & Connected

EXAMPLE

"I know I'm valued on my team despite my mistakes."

Tolerate Uneasy Feelings

EXAMPLE

"I'm experiencing disappointment and frustration"

Act to Alleviate

EXAMPLE

"I need to process the game with my dad and get this off my chest."

Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

