

## **Ryan Long, LICSW**

### **Mental Game Coaching Assessment:**

1. Was there one specific event and/or a series of situations where you have displayed performance below what you know you can really do?
2. Please describe what happens to you when you are choking or slumping.
3. What have you tried so far to remedy this performance situation?
4. What have your coaches, teammates, friends or parents tried so far to remedy this performance situation?
5. Of all that you and anyone else have tried to do to help, what approach has had even a slight improvement, if any?
6. Have you consulted any other type of mental coach or psychology professional with regards to these issues?
7. When seems to trigger this choke or slump? Do you have any past memories either in your life or sport that were disturbing to you emotionally or physically?
8. How is this situation affecting you in your sport overall?
9. When is your next competition?
10. Tell me about any background you have in stress management, breath control, yoga, hypnosis and self-hypnosis, meditation and mental toughness training, if any.
11. What sports have you played in the past? What sports do you play now?
12. What is your main sport now, and what have you accomplished in it?
13. What are your dreams and major goals in your sport?