



# COMPETITIVE BEHAVIOR QUESTIONNAIRE

Name \_\_\_\_\_ Date \_\_\_\_\_

## How Competitive Are You?

Circle the number under the choice that best describes you, being sure to respond truthfully to each statement.

Statement	Always 3	Sometimes 2	Never 1
I get nervous when people watch me compete.	3	2	1
Before a contest I have trouble sleeping	3	2	1
I can't focus after making a mistake.	3	2	1
I perform better in practice than a match.	3	2	1
I make more mistakes when the score is close.	3	2	1
I get angry at myself when I make mistakes in a competition.	3	2	1
I am a "clutch" player when the pressure is on.	3	2	1
When a coach yells I lose my focus.	3	2	1
I stay focused and positive before any competition.	3	2	1
I get easily distracted before a contest.	3	2	1
The more challenging the competition the better I perform.	3	2	1
I enjoy competing	3	2	1
I don't like to think about the contest because it makes me too nervous	3	2	1
I worry a lot about getting injured.	3	2	1
I usually feel sick or weak before a contest.	3	2	1
I set my own goals for practice and contests.	3	2	1
I rarely listen to my coach during a contest.	3	2	1
I perform best when I'm nervous or worried.	3	2	1
I always compete up to my potential.	3	2	1
I'm usually disappointed by the outcomes of my competitions.	3	2	1
The butterflies bother me throughout a competition.	3	2	1
The bigger the crowd, the more worried or tense I become.	3	2	1
I have trouble focusing after an official makes a bad call against me.	3	2	1



I constantly think about my performance.

3            2            1

Sometimes, before a contest, I go blank.

3            2            1

Total Score

\_\_\_\_\_