

**CONCENTRATION Assessment**

0	1	2	3	4	5
Does not Apply	Never	Seldom	Sometimes	Usually	Always

<b><i>Check the number that applies</i></b>	0	1	2	3	4	5
• <i>I have trouble focusing on just one thing</i>						
• <i>I focus on how I am perceived by others</i>						
• <i>Slow play disrupts my round</i>						
• <i>I am unable to sleep before I play</i>						
• <i>I focus on where not to hit my shot</i>						
• <i>I am a complainer</i>						
• <i>"Hurry Up!" is a thought I have</i>						
• <i>I have trouble falling asleep</i>						
• <i>I play better when I play by myself</i>						
• <i>I am impatient with myself</i>						
• <i>I anticipate problems</i>						
• <i>I am aware of my score</i>						
• <i>I am easily embarrassed</i>						
• <i>I have a set routine on the course</i>						
• <i>My mind drifts to negative anticipation</i>						
• <i>I have intrusive thoughts of hazards as I address my ball</i>						
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
• <i>Anxiety and nervousness disrupt my concentration</i>						
• <i>I am fearful or nervous</i>						
• <i>My thoughts are on the future</i>						
• <i>My thoughts are on the past</i>						
• <i>I am critical of others</i>						
• <i>I am easily distracted</i>						
• <i>My mind wanders</i>						
• <i>When I hit a bad shot, I begin to analyze why</i>						
• <i>My mental pictures are negative</i>						
• <i>I am rigid in my beliefs</i>						
• <i>My mind jumps from one thought to another</i>						
• <i>I have intrusive thoughts of past bad shots as I set up to the ball.</i>						
• <i>I get upset with slow play</i>						
• <i>I have a short concentration span</i>						
• <i>I am sad or depressed</i>						
• <i>I stand over a shot with no plan or target</i>						
• <i>I am self critical</i>						
• <i>I complain about playing partners to my friends</i>						