

Pre-round and On-course Routine Assessment

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

<i>Check the number that applies</i>	0	1	2	3	4	5
• <i>I have intrusive thoughts over the ball</i>						
• <i>My mind races ahead on the golf course</i>						
• <i>I follow the same routine on the course</i>						
• <i>I visualize my round the night before or the day of my round</i>						
• <i>When I “day dream” about my future, I see obstacles</i>						
• <i>Precise targets are part of my golf game</i>						
• <i>I forget food, pencil, scorecard or other things I might need on the golf course</i>						
• <i>My routine on the course changes according to my play or mood</i>						
• <i>I am focused on the results of each shot</i>						
• <i>I focus on what not to do behind or over the ball</i>						
• <i>I focus on my playing partners game</i>						
• <i>It is important that I perform better than those with whom I play</i>						
• <i>I need to see immediate results</i>						
• <i>I have swing thoughts on the golf course</i>						
• <i>I have images of a target when I swing</i>						
• <i>I give up easily</i>						
• <i>I have a pre-round routine I follow</i>						
	0	1	2	3	4	5
• <i>I question my club decision or break of putts over the ball</i>						
• <i>I dwell on the correction of my swing mechanics during play</i>						
• <i>How others perceive me is important</i>						
• <i>I focus on what not to do on the golf course</i>						
• <i>I visualize successful performance</i>						
• <i>I focus on hazards as I address the ball</i>						
• <i>I am fearful of repeating past poor shots</i>						
• <i>I believe I will not succeed</i>						
• <i>My mental pictures are negative</i>						
• <i>I have intrusive thoughts of past bad shots as I set up to the ball.</i>						
• <i>I stand over a shot with no plan or target</i>						
• <i>I have DREAMS about my future</i>						