索引

```
Wallace, Irving, 41-42
                 Anger control, 58-61
    Will power, 39
         Imagery, 10-17, 77
Commitment, 40-41, 106
                   Gretzky, Wayne, 82
  Visualization, 12,
                                           Mental imagery
              Deep center breathing, 51
                                       Mental skills test for curlers, 5-9
Thinking, types of, 10-25
    Paralysis by analysis, 24, 84
         Kelly, Kim, 61
              Refocusing, 60-61, 100,
                                               Concentration
                   Emotional control, 13-14, 19-20, 56-64, 84-85
       Key words, 23-24
Tension, 47-51
              Costner, Kevin, 13
              Martin, Kevin, 27, 77, 85
                   Jones, Colleen, 61
       Goal setting, 3, 39-40
         Post-Competition evaluation, 100, 110-113
    Self management, 38-46
                   Relapse in self-management, 44-46
    Self recording, 41-42
    Self criticism, 58-60
    Self modification,
                                    Self-management
    Self reinforcement, 38
Confidence, 24-25, 75-80
                   Nicklaus, Jack, 10, 14-15, 23
                   Distraction control, 15, 82-86
                        Jones, Jennifer, 51, 88
                 Stoughton, Jeff, 72
         Hanna, Jenn, 88
Concentration, 20-21, 82-86, 96-97
Focusing, Concentration
                      VanRaatle, Judy, 51
                     Owchar, Jules, 77
                     Post-shot routine, 60-61
                     Pre-shot routine, 65-67
```

Psych-outs, 62-64

Irrational thinking, 56-58

Gould, Steve, 72

Stress. Nervousness

Self-talk, 19-25, 26-34,

Zone, 4, 87-92

Competition planning, 93-100

Pre-competition plan,

Competition planning

Woods, Tiger, 82

Siedentop, Darryl, 36

Team Psychology, 36-37, 101-109

Attention control,

Concentration

Tin Cup, 13

Orlick, Terry, 100

Delivery improvement, 22-24, 60-61

Bartlett, Don, 77, 85

Cognitive reappraisal, 49

Negative thoughts,

Negative self-talk

Positive self-talk

Negative self-talk, 1, 2, 26-30

J. Partington, J., 100

Peak performance, 87-89

Assessment, 5-9, 27-30, 108-109, 112-113

Nervousness, 47-51

Pressure situations, 47-64

Prompts, 42-43

Lindholm, Peja, 92

Positive self-talk, 20, 22, 26-34, 77, 80

Positive reinforcement, 36-39, 42-43

Jordan, Michael, 82

Mood Words, 83, 85

Mental imagery, 10-17, 77

Mental scorecard, 112-113

Mental preparation, 3-4

Mental practice, 15-17

Mental rehearsal,

Mental imagery

Relaxation strategies, 33, 49-54

Practice strategies, 69-72

Association learning, 12

CURL IN THE ZONE



