



# Emotionally Fit: Navigating Emotions for Better Mental Health and Sport Performance

L. Kevin Chapman, Ph.D., A-CBT, HSPP

Licensed Clinical and Sport Psychologist

Director, Kentucky Center for Anxiety and Related Disorders

Truesport Expert

Abby Raymond, Team USA Weightlifter

Truesport Ambassador



# Agenda: Emotionally Fit

- Purpose of the session
  - Navigating emotions for better mental health, sport performance, and enhance family dynamic
- Workshop format
  - Role plays
  - "Game show" format, identifying
    - Top problems
    - Emotions
  - "Hot Takes" and Takeaways
    - Do's and Dont's



# Role Play #1

The Top Problem is \_\_\_\_\_

The Core Emotions are: \_\_\_\_\_



## Role Play #1

The Top Problem is: Perfectionism

The Core Emotions: Anxiety



# Role Play #1: Perfectionism

- What is perfectionism?
  - Having a personally high standard at the expense of negative emotional consequences
- What is anxiety?
  - A future-oriented emotion that involves thoughts of uncontrollability and unpredictability of future events
  - Perfectionism provides an illusion of control
- High standard vs. Perfectionism
  - Failure is part of success vs. failure is not an option
  - I learn from mistakes vs. a mistake means I failed
  - I value the process of learning vs. the outcome is more important



## Hot Take #1

**“Being Average Happens,  
Being Perfect Doesn’t”**



# Role Play #1: Perfectionism

- DON'T
  - Share your opinion first!
- DO
  - Ask the “right” questions
    1. Do you want to talk about it?
    2. Do you want me to share what I thought?
    3. Do you want space?
  - 1. After time has passed, you may ask:
    1. What did you learn? (process vs. outcome)



# Role Play #2(a)

The Top Problem is \_\_\_\_\_

The Core Emotions are: \_\_\_\_\_





# Role Play #2(b)

The Top Problem is \_\_\_\_\_

The Core Emotions are: \_\_\_\_\_



## Role Play #2

The Top Problem is:

(My performance is my) Identity

The Core Emotions: Shame (a) and  
Arrogance (b)



## Role Play #2: Identity

**Shame**: the emotional response to failing to meet a personal standard and feeling “less than” as a result

**Arrogance**: an exaggerated sense of self or one’s abilities



## Hot Take #2

**“Athletes who equate performance to identity are on a road to emotional dysregulation”**



## Role Play #2: Identity

- Performance vs. Identity
  - The necessity of separating one's performance from their identity
  - Mental health concerns and emotional dysregulation
- Balance between confidence and humility
  - “Pride comes before the fall”
- DON'T: Agree with your athlete's outcome focus
  - “Don't let your success get to your head”
- DO: Reinforce humility and learning



# Role Play #3

The Top Problem is \_\_\_\_\_

The Core Emotions are: \_\_\_\_\_



## Role Play #3

The Top Problem is: Confidence  
(Comparison)

The Core Emotions:  
Doubt/Feelings of Inadequacy



## Role Play #3

**Doubt**: Uncertainty of belief or opinion

**Inadequacy**: The perception of lacking quality

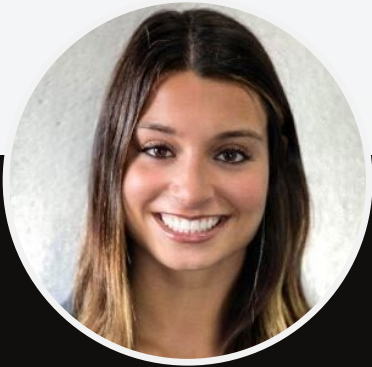




## Hot Take #3

**“Faulty core beliefs lead to faulty outcomes”**

# Our Core Beliefs: The Power of 3



**Ourselves**  
Thoughts  
about  
ourselves

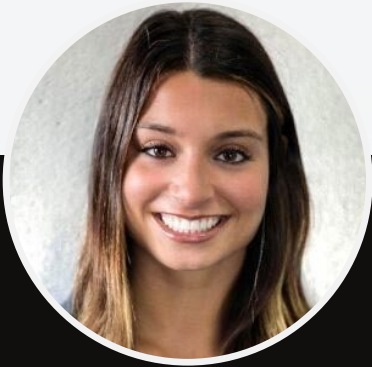


**Others/World**  
Thoughts about  
others/world  
around us



**Future**  
Thoughts  
about the  
future

# Our Core Beliefs: The Power of 3



Ourselves  
"I am not  
enough"



Others/World  
"They are  
better than  
me"



Future  
"I won't be  
successful"



## Role Play #3: Confidence/Doubt

- DO: Consistently tell your athlete that they are valuable, despite perceived performance
- DON'T: Try to change their thoughts by deflecting how they feel



# Role Play #4

The Top Problem is \_\_\_\_\_

The Core Emotions are: \_\_\_\_\_



## Role Play #4

The Top Problem is: Fear of Failure

The Core Emotions: Anxiety, Sadness





## Role Play #4

**Sadness**: emotional response to a personal setback or loss



## Hot Take #4

**“Your athlete is unique.....just like everyone else!”**





## Role Play #4: Fear of Failure

- Fear of failure and the “Imposter Syndrome”
- DON'T: reinforce anxiety about being an imposter
  - Normalize but redirect
- DO: Reinforce giving 100% and “leaving it on the field”
- DO: Reinforce having fun
- DO: Express appreciation, **DESPITE** outcome



# Role Play #5

The Top Problem is \_\_\_\_\_

The Core Emotions are: \_\_\_\_\_



## Role Play #5

The Top Problem is: Forcing the athlete to talk

The Core Emotions: Frustration, Anger



## Role Play #5

**Frustration**: the emotional response to unmet expectations

**Anger**: the natural emotional response to perceived injury, mistreatment, or victimization



## Hot take #5

**“Forcing an athlete to talk often reflects that the caregiver is uncomfortable with the athlete’s emotions”**



Remember

**THIS AIN'T ABOUT YOU!**



## Role Play #5: Forcing the Athlete to Talk

- Frustration tends to reflect my own behaviors and becomes anger when directed toward a source
- DON'T: Tell the athlete how they performed
- DO: Ask if they are willing or ready to talk



## Hot take #6

**“Emotion regulation is modeled not forced”**



