



SPORT EXERCISE & PERFORMANCE
PSYCHOLOGY

EMAIL: KANNECT.PSYCHOLOGY@GMAIL.COM
PHONE: +44 7455 596735
INSTAGRAM: KANNECT_PSYCHOLOGY

What-If Planning

Purpose	Details
Specific Competition	
Season	
Specific Goal	

Your Fears (The What if)	When do they usually happen?

Your Fears (The What if)	How to prevent it?

If it happens	What would you do?

Examples

Develop Prevention Strategies

Fear	Prevention Strategy
Injury	Warm up properly, follow a conditioning routine
Poor decision-making by official	Stay focused, accept decisions gracefully
Negative comments on social media	Avoid social media before the competition
Getting distracted	Practice mindfulness, stay in the moment
Feeling ill	Ensure good nutrition and rest beforehand
Falling over or feeling pain	Wear appropriate gear, train for stability
Losing motivation	Set process goals, visualise success
Getting disqualified	Know the rules thoroughly, stay calm
Losing to a lower-ranked competitor	Focus on personal performance, not ranking
Equipment failure	Check equipment before the event

Create If-Then Scenarios

Fear	If-Then Scenario
Injury	If I get injured, I will assess the injury, decide if I can continue safely, and inform my coach.
Poor decision-making by official	If I disagree with an official's decision, I will take a deep breath, accept it, and refocus on my performance.
Negative comments on social media	If I see negative comments, I will ignore them and remind myself of my strengths.
Getting distracted	If I start to get distracted, then I will use a grounding technique to bring my focus back.
Feeling ill	If I feel ill, then I will assess my condition and decide if I need to seek medical attention.
Falling over or feeling pain	If I fall or feel pain, then I will quickly assess if I can continue without worsening the injury.
Losing motivation	If I lose motivation, then I will remind myself of my goals and why I am competing.
Getting disqualified	If I am disqualified, then I will accept the outcome and learn from the experience for future competitions.
Losing to a lower-ranked competitor	If I am losing to a lower-ranked competitor, then I will focus on executing my strategy and skills to the best of my ability.
Equipment failure	If my equipment fails, then I will use my backup equipment or adjust my strategy to cope with the situation.