



## Transforming Your Self-Image – Reflections of Others

### What Is Our Self-Image?

Our self-image is a vision of ourselves. We have a vision of ourselves in every area of life: money, career, relationships, and sport. Your athletic self-image is made up of *beliefs* you are holding about yourself in each area.

### What Are Beliefs?

A belief is anything you hold to be true. Our beliefs are a combination of thoughts (conclusions we draw) and feelings. We form them based on how people see us, what people teach us, and our life experiences.

Our beliefs are held in place by our feelings, both conscious and unconscious. When we have self-limiting beliefs, the main feeling holding them in place is FEAR.

This is why it is so difficult to change a belief using self-talk, because self-talk is an intellectual tool. You cannot use an intellectual tool to solve an emotional problem. It does not touch your heart center (feelings).

### How Do You Change Your Beliefs?

To change a belief, you work with your intellect, your feelings, and your actions.

By re-training your intellect, you will free yourself of outdated (wrong) conclusions that are creating your limiting beliefs. By nurturing your heart, you will stop exaggerating and strengthening irrational fears. I will guide you through this during the visualization audio recording.

## Reflections From Others

Your first job is to discover how your relationships with caregivers and other significant people have influenced your self-image as an athlete, both positively and negatively. This is critical for you to Break Free and develop a winning mindset.

We will start with sentence completion exercises. When using sentence completions, I give you one half of a sentence and it's your job to come up with five to ten different endings for each sentence. Do not think about the endings, just complete the sentences.

Also, do not worry about repetition in your endings. This is perfectly fine and you will probably see some repetition. I have provided some examples below from various clients to help you out.

If you were raised by someone other than a Mom or a Dad, simply substitute that person in. Make sure you include positive reflections, not just negative ones.

Note: The exercises in this tutorial may trigger feelings of anger, frustration, worthless, or hopelessness. Or, you may become distracted or sleepy. If any of these responses happen, there is important emotional work being done. Stop and acknowledge the feeling, and then continue the exercise. Always keep in mind your self-image as an athlete as you complete these exercise.

## Exercise 1

### 1. As a child athlete, Dad saw me as--

- a delight to him
- extremely smart
- hard-working and talented
- never good enough at sports to please him
- a baby, unable to look after myself
- able to rise to the top in sports

---

---

---

---

---

---

---

---

---

### 2. As an adult athlete, Dad sees me as--

- someone past my prime
- having accomplished a lot, but still not enough
- not fulfilling the dream he set out
- an athlete he admires and looks up to
- a person he brags about



**1. As a child, [my sibling] saw me as--**

---

---

---

---

---

---

---

---

---

---

---

**2. As an adult athlete, [my sibling] sees me as--**

---

---

---

---

---

---

---

---

---

---

---

**1. My significant other sees me as--**

---

---

---

---

---

---

---

---

---

---

---

### **Exercise 3**

Please answer the following questions:

**How has Dad's vision of me given me confidence / a winning self-image as an athlete? What have I achieved because of Dad's vision of me?**

---

---

---

---

---

**How has Dad's vision of me given me learned helplessness? What have I given up on because of what Dad believed about me?**

---

---

---

---

---

---

---

**How has Mom's vision of me given me confidence / a winning self-image? What have I achieved because of Mom's vision of me?**

---

---

---

---

---

---

---

**How has Mom's vision of me given me learned helplessness? What have I given up on because of what Mom believed about me?**

---

---

---

---

**How has my sibling's vision of me given me confidence / a winning self-image? What have I achieved because of my sibling's vision of me?**

---

---

---

---

---

**How has (my sibling's) vision of me given me learned helplessness? What have I given up on because of what (my sibling) believed about me?**

---

---

---

---

---

**How has my significant other's vision of me given me confidence / a winning self-image?**

---

---

---

---

---

**How has my significant other's vision of me given me learned helplessness? What have I given up on because of what (my significant other) believed about me?**

---

---

---

---

---

---

---

---

## Exercise 5

Answer the following question:

In the space below, sum up the positive beliefs about yourself as an athlete you developed as a result of the reflections of others:

- 1.
- 2.
- 3.
- 4.
- 5.

In the space below, sum up the negative beliefs about yourself as an athlete you developed as a result of the reflections of others:

- 1.
- 2.
- 3.
- 4.
- 5.

## Exercise 6

In the space below, write down any negative beliefs (those you absorbed as a result of reflections of others) that are FALSE. Write down why they are either *outdated* or *without merit* because there is no evidence to support them:

---

---

---

---

---

---

---

---

## Exercise 7

In the space below, write down anything you know to be true about yourself as an athlete that may be holding you back from winning. For example, maybe you believe your serve is inconsistent...or that your defensive game needs more agility and speed...or that you need to learn more about reading greens. Be 100% honest with yourself and write down what you think needs to improve about your game in order for you to win consistently:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Exercise 8

If you did not have caregivers who believed in your ability to WIN, in the space below write down the names of any people who could do this in your life today:

---

---

---

---

---

---

## Final Thoughts

Remember this handout is not about blaming parents or caregivers. If these exercises stirred up any frustration or anger in you, go ahead and accept your feelings without resistance—but do NOT call up your parents and yell at them! This exercise is about self-awareness, not blaming or punishing people for things they cannot change from the past. Breaking Free is about making your feelings conscious so you can recover a confident, healthy self-image. If this exercise stirs up strong feelings in general, do not become alarmed. This can be a very good sign indeed.