

THE 3R PROCESS

THE 3R PROCESS IS A TOOL TO USE TO BECOME MORE AWARE OF WHAT YOU ARE EXPERIENCING, AND TO HELP YOU CREATE DISTANCE FROM THOSE THOUGHTS/FEELINGS WITHOUT STRUGGLING AGAINST THEM. SO MANY SITUATIONS IN SPORT CAN BE DISTRACTING, SO WHY NOT HAVE A ROUTINE TO DEAL WITH THOSE DISTRACTIONS?



STEP 1: REGISTER

Register your thoughts and feelings. First, you need to be aware of, and notice what you are thinking and feeling before you can move on.

(We are not trying to "change" or "get rid of" anything! The idea is to accept them)

STEP 2: RELEASE

Releasing from the thoughts and feelings is how we "unhook". There's plenty of ways to release including: breathing techniques, naming (and taming) your thoughts/feeling, grounding and connecting with your senses.

It's important to build your tool kit of "unhooking" skills & connect with the present moment



STEP 3: REFOCUS

Final step, refocusing is there so you can remind yourself of a number of helpful prompts for performance:

- Your strengths (how to play to them more?)
- Your game plan (individual/team)
- Your values & what is guiding you

