



11 Warning Signs of Performance-Based Identity in Sports

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Athletes who suffer from performance-based identity will:

1. Feel good about themselves only if they perform well.
2. Blame others or create excuses after poor performances.
3. Worry that people will not like them if they fail.
4. Try to control every aspect of their life in order win.
5. Not let go of mistake or move past poor performances.
6. Use negative self-talk to motivate.
7. Isolate themselves from meaningful relationships
8. Self-sabotage of think of excuses to avoid competition.
9. Have pre-competition anxiety, which will override all excitement to compete.
10. Have extreme jealousy or anger towards those who do better.
11. Lose joy for the sport.

