



As an athlete, you will have games where you feel like everyone—the officials, your coach, and even your own teammates—are out to get you.

In these tough situations, it's extra important to continue to show respect in the face of adversity. Having respect for others and ourselves means:

1. Treating others how you want to be treated
2. Showing self-respect by being accountable and kind to yourself
3. Remembering that opponents and officials deserve respect, even when you disagree with them

Following these three principles sets a solid foundation for future decision-making and will in turn earn you respect back from the same people you give it to.

SENDING I MESSAGES Often we can earn the respect of others simply by opening up and being honest with them about how we are feeling. Practice sending these "I" messages in different sports-related scenarios by filling out the blanks below. To help you get started, there's a list of emotions below that you can use to describe how you feel.

SCENARIO 1: Your teammate is telling the rest of your team not to pass you the ball.

I feel _____

When you _____

Because _____

SCENARIO 2: Your coach keeps telling you that you will get more playing time, but never follows through.

I feel _____

When you _____

Because _____

SCENARIO 3: You lash out verbally at the referee because you felt they were being unfair. Afterwards, you go to apologize.

I feel _____

When you _____

Because _____

STARTER EMOTIONS: ANNOYED - ASHAMED - CONFIDENT - CURIOUS - DISAPPOINTED - DISAPPROVING - EMBARRASSED - ENVIOUS - EXCITED - FRUSTRATED - GRATEFUL - GUILTY - HAPPY - HELPLESS - HOPEFUL - INSECURE - INSULTED - JEALOUS - NERVOUS - PUZZLED - SAD - SATISFIED - SURPRISED - UNCOMFORTABLE - WARY