



## Athletic Coping Skills Inventory (ACSI-28)

### Instructions:

The following are statements that athletes have used to describe their experiences. Please read each statement carefully, and then recall as accurately as possible how often you experience the same thing. There are no right or wrong answers.

Please indicate how often you have these experiences when playing sport.

|    |   | Almost Never | Sometimes | Often | Almost Always |
|----|---|--------------|-----------|-------|---------------|
| 1  | On a daily or weekly basis, I set very specific goals for myself that guide what I do.                            | 0            | 1         | 2     | 3             |
| 2  | I get the most out of my talent and skill.  | 0            | 1         | 2     | 3             |
| 3  | When a coach or manager tells me how to correct a mistake I've made, I tend to take it personally and feel upset. | 3            | 2         | 1     | 0             |
| 4  | When I'm playing sports, I can focus my attention and block out distractions.                                     | 0            | 1         | 2     | 3             |
| 5  | I remain positive and enthusiastic during competition, no matter how badly things are going.                      | 0            | 1         | 2     | 3             |
| 6  | I tend to play better under pressure because I think more clearly.  | 0            | 1         | 2     | 3             |
| 7  | I worry quite a bit about what others think of my performance.  | 3            | 2         | 1     | 0             |
| 8  | I tend to do lots of planning about how to reach my goals.  | 0            | 1         | 2     | 3             |
| 9  | I feel confident that I will play well.   | 0            | 1         | 2     | 3             |
| 10 | When a coach or manager criticizes me, I become upset rather than feel helped.                                    | 3            | 2         | 1     | 0             |
| 11 | It is easy for me to keep distracting thoughts from interfering with something I am watching or listening to.     | 0            | 1         | 2     | 3             |
| 12 | I put a lot of pressure on myself by worrying about how I will perform.   | 3            | 2         | 1     | 0             |
| 13 | I set my own performance goals for each practice  | 0            | 1         | 2     | 3             |
| 14 | I don't have to be pushed to practice or play hard; I give 100%.  | 0            | 1         | 2     | 3             |
| 15 | If a coach criticizes or yells at me, I correct the mistake without getting upset about it.                       | 0            | 1         | 2     | 3             |



|    |   | Almost Never | Sometimes | Often | Almost Always |
|----|---|--------------|-----------|-------|---------------|
| 16 | I handle unexpected situations in my sport very well.   | 0            | 1         | 2     | 3             |
| 17 | When things are going badly, I tell myself to keep calm, and this works for me.                 | 0            | 1         | 2     | 3             |
| 18 | The more pressure there is during a game, the more I enjoy it.                                  | 0            | 1         | 2     | 3             |
| 19 | While competing, I worry about making mistakes or failing to come through.                      | 3            | 2         | 1     | 0             |
| 20 | I have my own game plan worked out in my head long before the game begins.                      | 0            | 1         | 2     | 3             |
| 21 | When I feel myself getting too tense, I can quickly relax my body and calm myself.              | 0            | 1         | 2     | 3             |
| 22 | To me, pressure situations are challenges that I welcome.                                       | 0            | 1         | 2     | 3             |
| 23 | I think about and imagine what will happen if I fail or screw up.                               | 3            | 2         | 1     | 0             |
| 24 | I maintain emotional control regardless of how things are going for me.                         | 0            | 1         | 2     | 3             |
| 25 | It is easy for me to direct my attention and focus on a single object or person.                | 0            | 1         | 2     | 3             |
| 26 | When I fail to reach my goals, it makes me try even harder.                                     | 0            | 1         | 2     | 3             |
| 27 | I improve my skills by listening carefully to advice and instruction from coaches and managers. | 0            | 1         | 2     | 3             |
| 28 | I make fewer mistakes when the pressure is on because I concentrate better.                     | 0            | 1         | 2     | 3             |

**Developer Reference:**

Smith, R. E., Schutz, R. W., Smoll, F. L., & Ptacek, J. T. (1995). Development and validation of a multidimensional measure of sport-specific psychological skills: The Athletic Coping Skills Inventory-28. *Journal of sport and exercise psychology*, 17(4), 379-398.

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