

## STRESS TEST

On a scale of 1-5 (1 being lowest, 5 being highest) circle the stress level of each of these stress producers while in the batter's box:

Fear of Letting Teammates Down	1	2	3	4	5		
Fear of Letting Coach Down	1	2	3	4	5		
Fear of Getting Yelled at By Coach	1	2	3	4	5		
Parent Interaction During Game	1	2	3	4	5		
Parent Interaction After Game	1	2	3	4	5		
Worrying About Personal Statistics	1	2	3	4	5		
Fear of Getting Hit by Ball	1	2	3	4	5		
Fear of Failure in Front of Friends/Girlfriend in stands			1	2	3	4	5
Disbelief in Own Ability	1	2	3	4	5		
Focus During Game on Something Other Than Baseball			1	2	3	4	5

