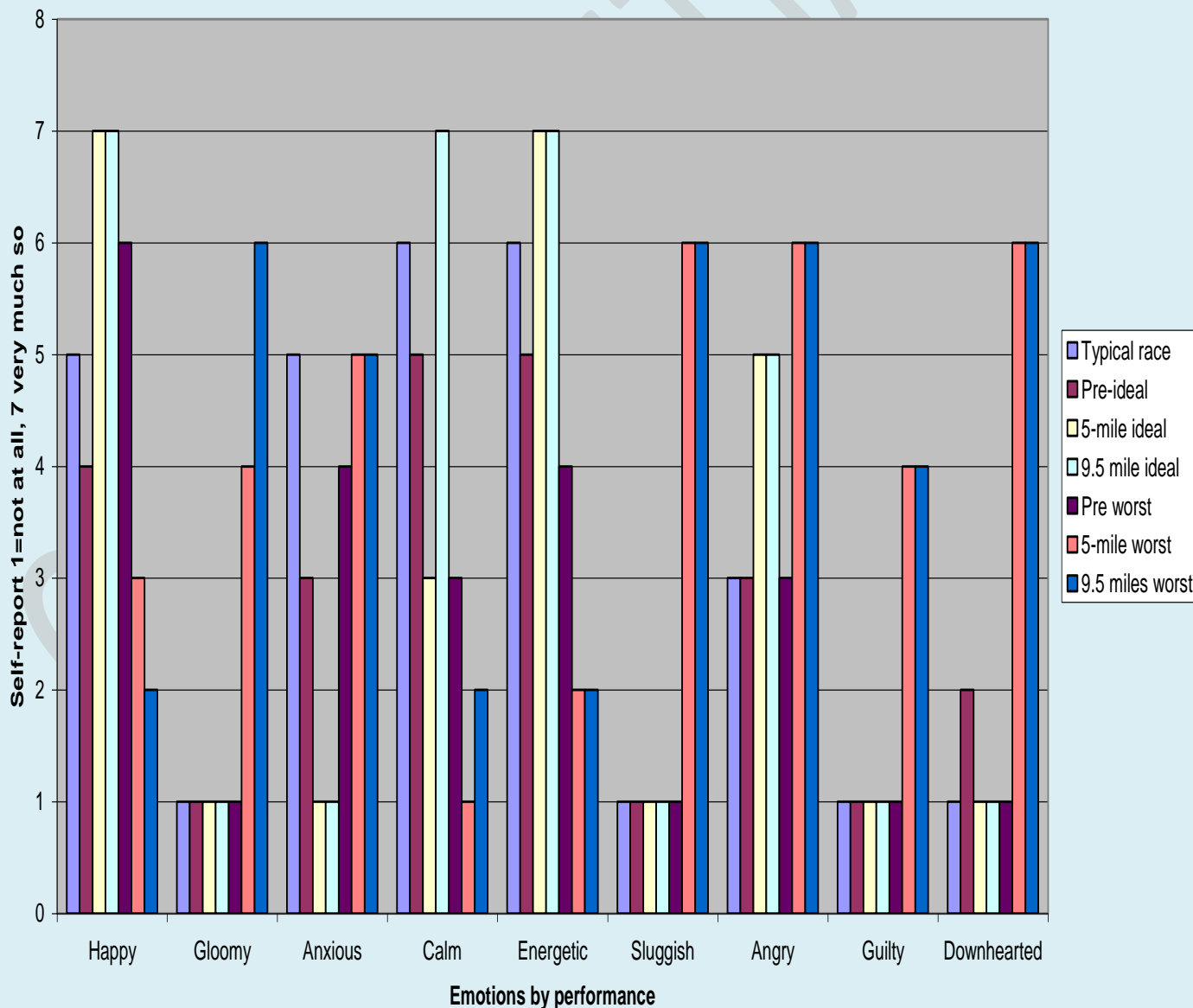


Case study of a cyclist preparing for a 10-mile time trial

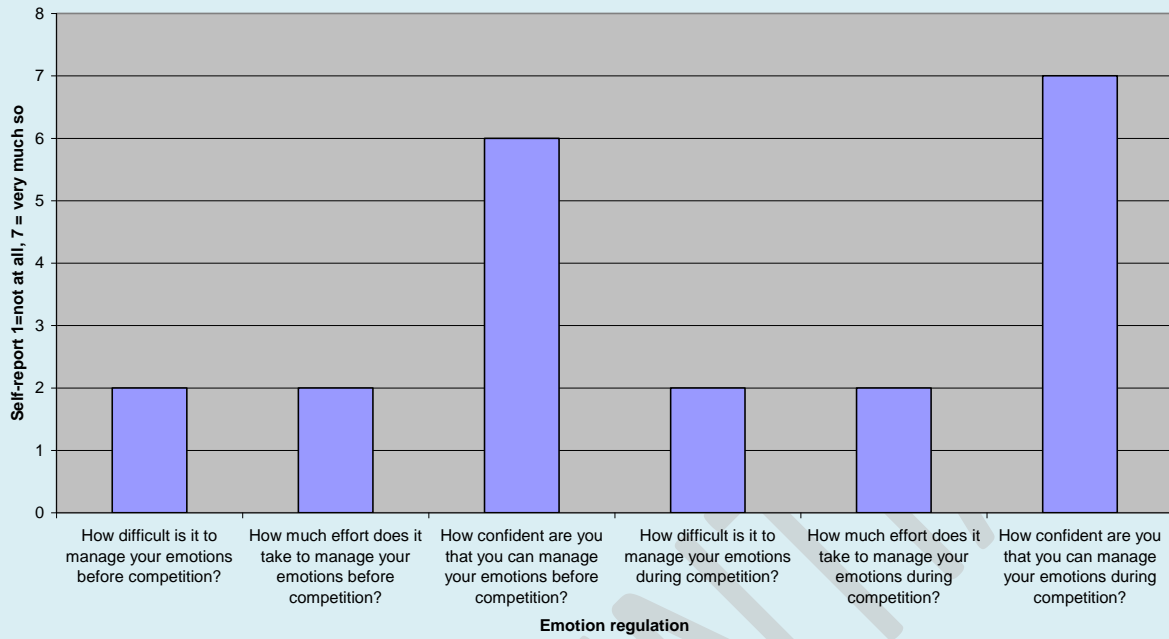
We collected a great deal of data that assessed your emotions and thoughts before and during recent races. Below is an emotional profile for a typical race, a best race and a worst race. This graph shows you are in a pleasant emotional state when goal are attained (feeling happy and energetic and not feeling sluggish). You also get angry not only when performing well, but also when performing poorly. Please bear this in mind and consider how you regulate anger.

Please a look at the graph. For the next phase of the study we want you to try to get yourself in a psychological state associated with ideal performance.

Emotion and 10-mile time trial performance



How you manage your emotions



Above is a graph showing how difficult it is to manage your emotions. You are confident in how well you manage your emotion, describing this as an effortful process.

As the figure below shows, it is more difficult to manage emotions when things do not go as planned.

Emotion Management

