

**Instructions:** Please answer the following questions referring to your main sport prior to injury. For each question tick a box ☒ between the two descriptions to indicate how you are feeling right now relative to the two extremes.

0 10 20 30 40 50 60 70 80 90 100

Not at all confident Fully confident

Extremely likely 0 10 20 30 40 50 60 70 80 90 100 Not likely at all

Extremely nervous 0 10 20 30 40 50 60 70 80 90 100 Not nervous at all

Not at all confident 0 10 20 30 40 50 60 70 80 90 100 Fully confident

Extremely frustrating 0 10 20 30 40 50 60 70 80 90 100 Not at all frustrating

No fear at all 0 10 20 30 40 50 60 70 80 90 100 Extremely fearful