

CORE

FREE / 4 PAGES

FIELD GUIDE 10

THE BAD GAME RESET



A 7-Day Confidence Comeback Plan for Athletes

Rebuild confidence. Review clearly. Return with a plan.

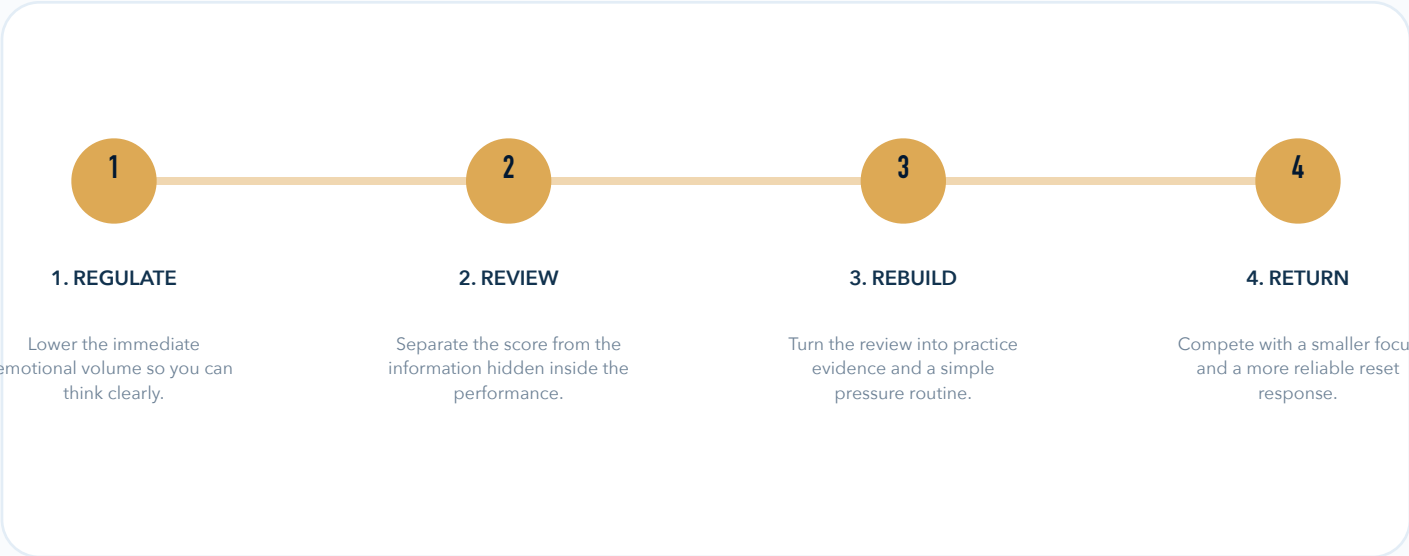
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

USE THIS GUIDE AFTER THE EMOTION DROPS

The goal is not to pretend the game did not hurt. The goal is to recover enough clarity to learn from it.



WHAT THIS CORE EDITION HELPS YOU DO

CORE OUTCOME 01

A 10-minute post-game reset

CORE OUTCOME 02

A three-bucket debrief

CORE OUTCOME 03

A seven-day confidence comeback plan

CORE OUTCOME 04

Scripts for athletes, parents, and coaches

02 / USE THE ACTION CARD

THE 90-SECOND BODY RESET

1

RELEASE

Unclench your hands, jaw, and shoulders. Exhale fully. Give the mistake a physical ending.

2

ORIENT

Look at one stable point, then notice three things you can see and one sound you can hear.

3

CHOOSE

Say one action cue: 'next pass,' 'hips low,' 'see the target,' or another cue trained with your coach.

4

RE-ENTER

Move your feet, take your position, and perform the next controllable action. Confidence follows contact with the task.

WRITE THE FIRST REAL STEP

My next controllable action after a difficult performance is...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This is performance education, not mental-health treatment. Persistent panic, depression, self-harm thoughts, trauma symptoms, or an inability to function deserve support from a qualified mental-health professional.

CORE OR EXTENDED?

CORE / FREE**THE FIRST MOVE**

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99**THE FULL SYSTEM**

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: SPORT PSYCHOLOGY RESEARCH / NCAA WELLNESS / QUALIFIED SUPPORT

EXTENDED: <https://championverse.com/7-99-the-bad-game-reset-a-7-day-confidence-comeback-plan-for-athletes-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

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