

Best Redpoint Performance

Name of route: _____ Grade of route: _____

Location: _____ Date: _____

1. Describe what made this your best performance. What are the features of the performance that stand out to you? Give as much detail as you can.

2. Describe your warmup. How many routes of what grades and how long did it last? If you can, list the climbs and grades that were in your warmup. What were you thinking about and how was your emotional energy focused during the warmup?

3. After your warmup, as you prepared for your best redpoint burn, what were you doing and thinking? Did you use guided imagery or visualization? What sort of things were you saying to yourself? Were you focused on the outcome or something else? Did you pre-equip the route or preclip any draws?

4. Rate your level of emotional excitement prior to the climb with 1 being completely relaxed and 10 very tense.

1 2 3 4 5 6 7 8 9 10

5. Rate your level of fear prior to the climb with 1 being a complete lack of fear and 10 being petrified.

1 2 3 4 5 6 7 8 9 10

6. What were your goals or expectations prior to the successful redpoint attempt?

7. What were you thinking as you started the route?

8. What was your emotional state as you climbed the route? What kinds of messages were you telling yourself and how did you respond to them? How did you respond to the climbing itself?

9. If anything unexpected happened during the climb, how did you respond to it? Did you need to correct any mistakes? Did you need to react to sudden changes in the route or environment, such as a hold breaking?

10. Who was your partner that day and what were your interactions with him or her like? How did you respond to your partner emotionally?

11. How well did you know the sequence and other details of the climb? How confident were you in this knowledge? Give some detail.

12. How did you deal with aspects of the route that you didn't like or that intimidated you? Were you able to overcome this intimidation? If so, how? During the learning and redpoint process, how long did it take you to admit that you were fearful or intimidated?

Worst Redpoint Performance

Name of route: _____ Grade of route: _____

Location: _____ Date: _____

1. Describe what made this your worst performance. Be specific and give as much detail as you can.

2. Describe your warmup. How many routes of what grades and how long did it last? If you can, list the climbs and grades that were in your warmup. What were you thinking about, and how was your emotional energy focused during the warmup?

3. As you prepared for your worst redpoint burn, what were you doing and thinking? Did you use guided imagery or visualization? What sort of things were you saying to yourself? Were you focused on the outcome or something else? Did you pre-equip the route or preclip any draws?

4. Rate your level of emotional excitement prior to the climb with 1 being completely relaxed and 10 very tense.

1 2 3 4 5 6 7 8 9 10

5. Rate your level of fear prior to the climb with 1 being a complete lack of fear and 10 being petrified.

1 2 3 4 5 6 7 8 9 10

6. What were your goals or expectations prior to the worst redpoint attempt or attempts?

7. What were you thinking as you started the route?

8. What was your emotional state as you climbed the route? What kinds of messages were you telling yourself and how did you respond to them? How did you respond to the climbing itself?

9. If anything unexpected happened during the climb, how did you respond to it? Did you need to correct any mistakes, or were there any sudden changes in the route or environment, such as a hold breaking?

10. Who was your partner that day and what were your interactions with him or her like? How did you respond emotionally?

11. How well did you know the sequence and other details of the climb? How confident were you in this knowledge? Give detail.

12. How did you deal with aspects of the route that you didn't like or that intimidated you? Were you able to overcome this intimidation? If so, how? During the learning and redpoint process, how long did it take you to admit that you were fearful or intimidated?

Comparing Best and Worst Performances

Now that you have created portraits of your best and worst performances, examine the similarities and differences between them.

1. Was there a difference in your warmup routine between your best and worst performances? What did you do differently and how did you feel during those warmups?

2. Was there a difference between the way you used guided imagery or self-talk as you prepared for each climb? Think about the quality and quantity of both for each performance.

3. What were your relative levels of emotional excitement prior to the climb? Fill in the rating scores you recorded above.

Best:

Worst:

4. What were your levels of fear prior to your best and worst performance? Fill in the rating scores you recorded above.

Best:

Worst:

5. Was there a difference between your goals and expectations prior to your best and worst redpoint performances? Again, pay attention to details as well as the nature of those goals and expectations.

6. Note any differences in your self-talk at the beginning of your best and worst climb. Between the ground and the first bolt, what were you saying to yourself?

7. Compare your emotional states on your best and worst performances. Describe the differences between your emotional states as you progressed through each climb, and note any important details, such as disparities in your emotions and changes in your emotional state.

8. If anything unexpected happened, describe the differences between your responses to these events.

9. Describe any differences between your partners on your best and worst performances. How were the interactions different?

10. Was there a difference between how well you knew the sequence or how confident you were on your best and worst redpoint attempts? Give the details.

11. Were there differences between how you dealt with adversity on the best and worst performances? Provide the details.