



**@ashleyliebig**







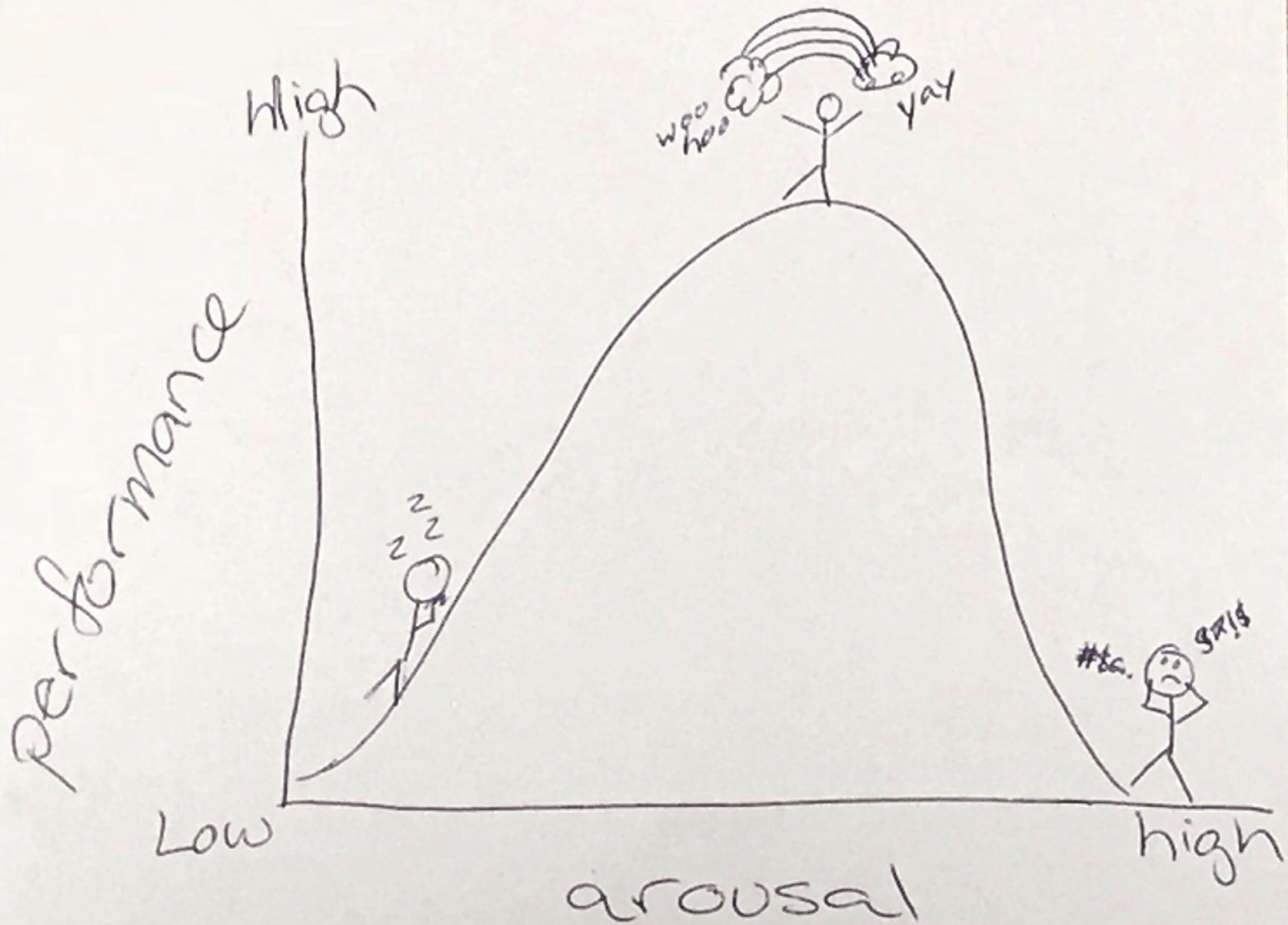




**R**eframe  
Rehearse  
Reconnect







HIGH

PERFORMANCE

LOW

AROUSAL

HIGH





A grayscale image of a Yoda head, looking slightly to the right. The head is positioned in the upper left quadrant. A large, semi-transparent white rectangular box is overlaid on the right side of the image, containing the text "Cognitive Reappraisal" in a white, sans-serif font. The text is arranged in two lines, with "Cognitive" on the top line and "Reappraisal" on the bottom line. The background is a dark, solid gray.

# Cognitive Reappraisal



















**Reframe**



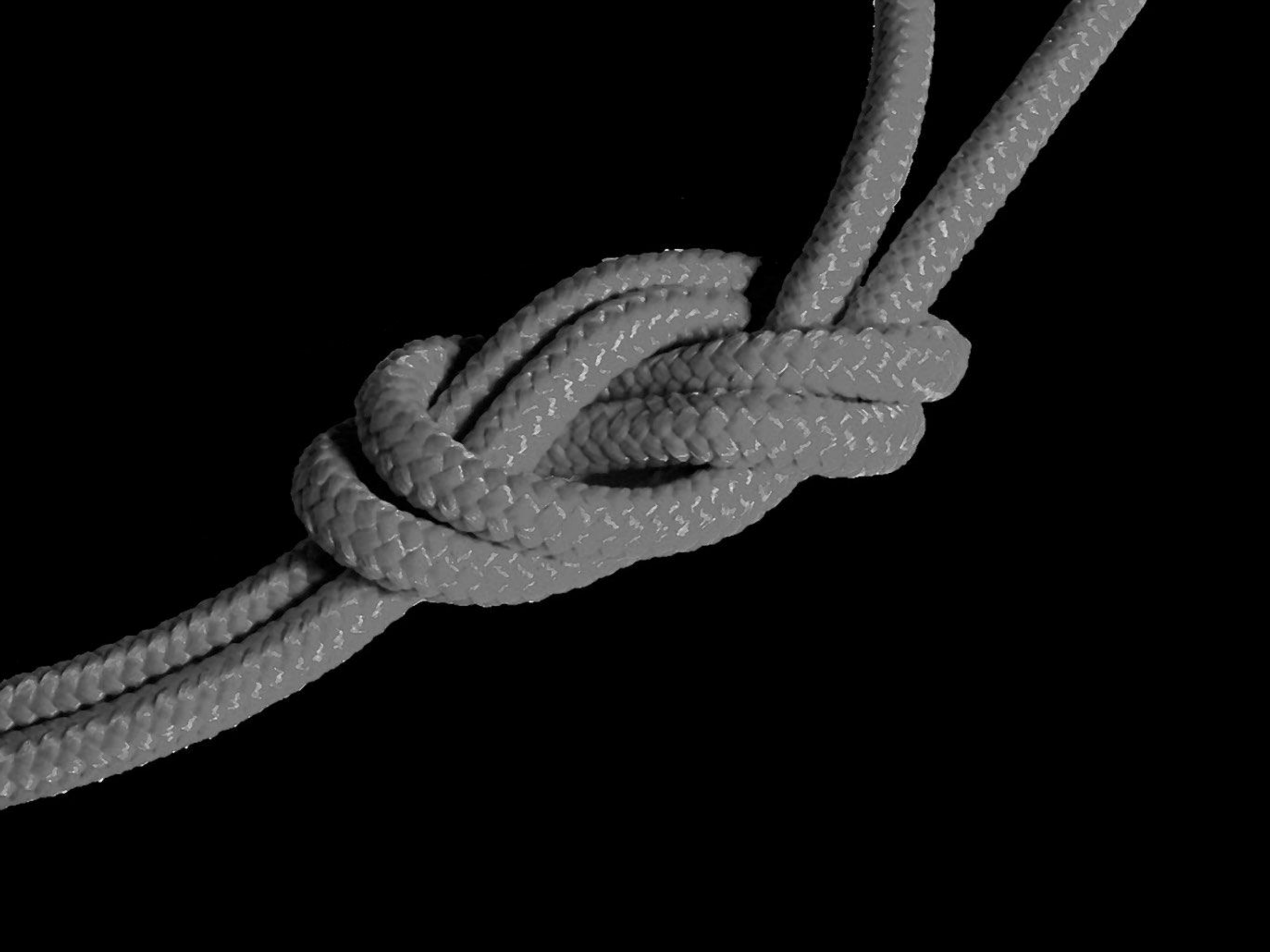
**Reappraise**





```
use strict";function b(b){return this.each(
unction(b){this.element=a(b)};c.VERSION="3.3.7",c.TRANSITION_DURATION=150,c.p
b.data("target");if(d||(d=b.attr("href"),d=d&&d.replace(/.*(?=#[^\s]*$)/,""))
"hide.bs.tab",{relatedTarget:b[0]}),g=a.Event("show.bs
hide.bs.tab",{relatedTarget:b[0]}),g=a.Event("show.bs
[var h=a(d);this.activate(b.closest("li"),c),this.a
wn.bs.tab",relatedTarget:e[0]}})}},c.prototype
oveClass("active").end().find('[data-toggle="tab
h?(b[0].offsetWidth,b.addClass("in")):b.removeC
ggle="tab"]').attr("aria-expanded",!0),e&&e()}va
.fade").length);g.length&&h?g.one("bsTransition
.fn.tab=b,a.fn.tab.Constructor=c,a.fn.tab.noCont
nt).on("click.bs.tab.data-api",[data-toggle="ta
ion b(b){return this.each(function(){var d=a(thi
)})var c=function(b,d){this.options=a.extend({
checkPosition,this)).on("click.bs.affix.data-api",
offset=null,this.checkPosition());c.VERSION="3.3.7",
,b,c,d){var e=this.$target.scrollTop(),f=this.$elem
ffixed)return null!=c?!(e+this.unpin<=f.top)&&"bott
null!=d&&i+j>=a-d&&"bottom"},c.prototype.getPinne
("affix");var a=this.$target.scrollTop(),b=this
nction(){setTimeout(a.proxy(this.checkPositi
is.options.offset,e=d to
(thi
```



















STARflight

N373TC

TRAVIS

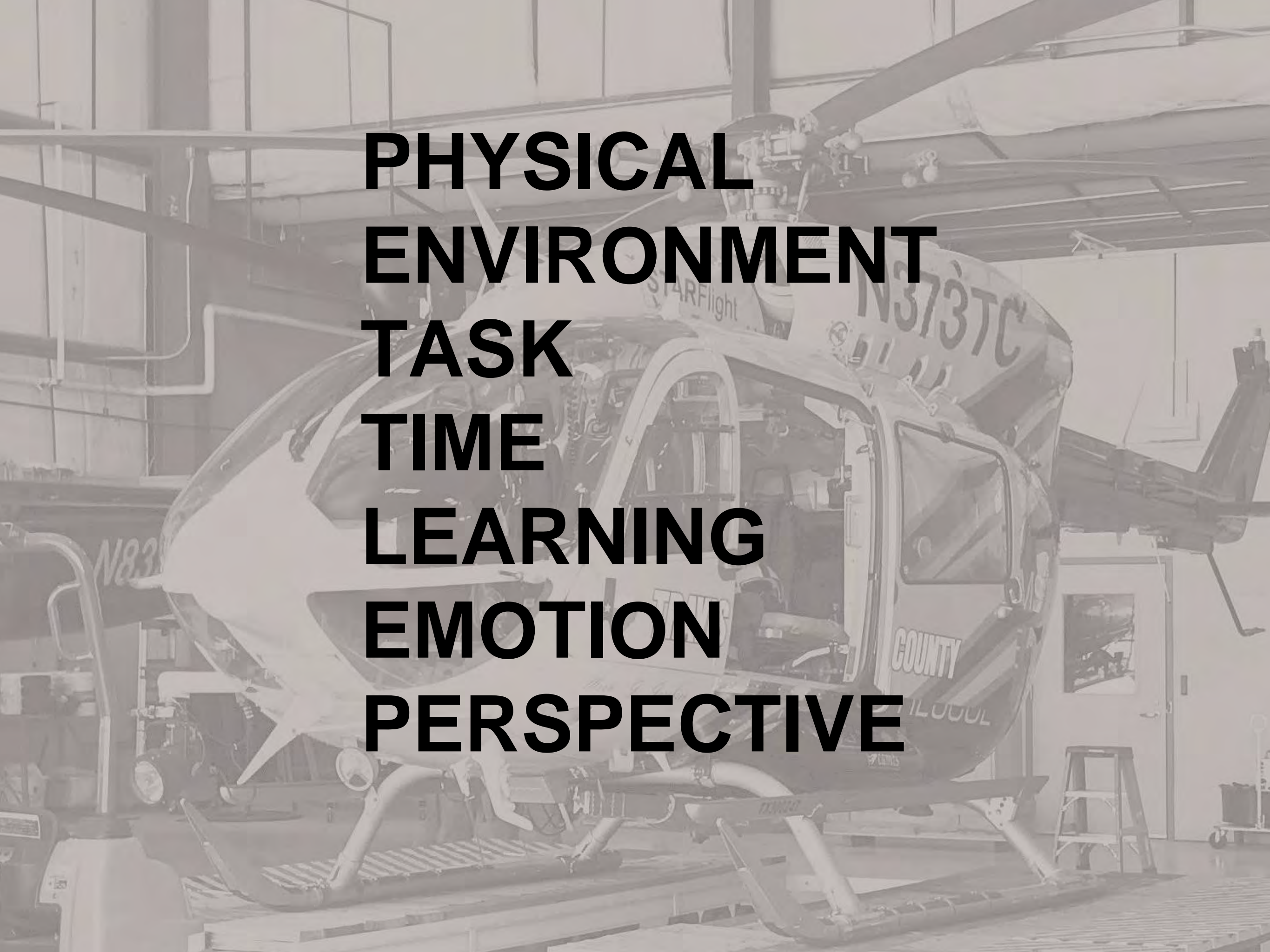
COUNTY

*Mark J. Jacobson*

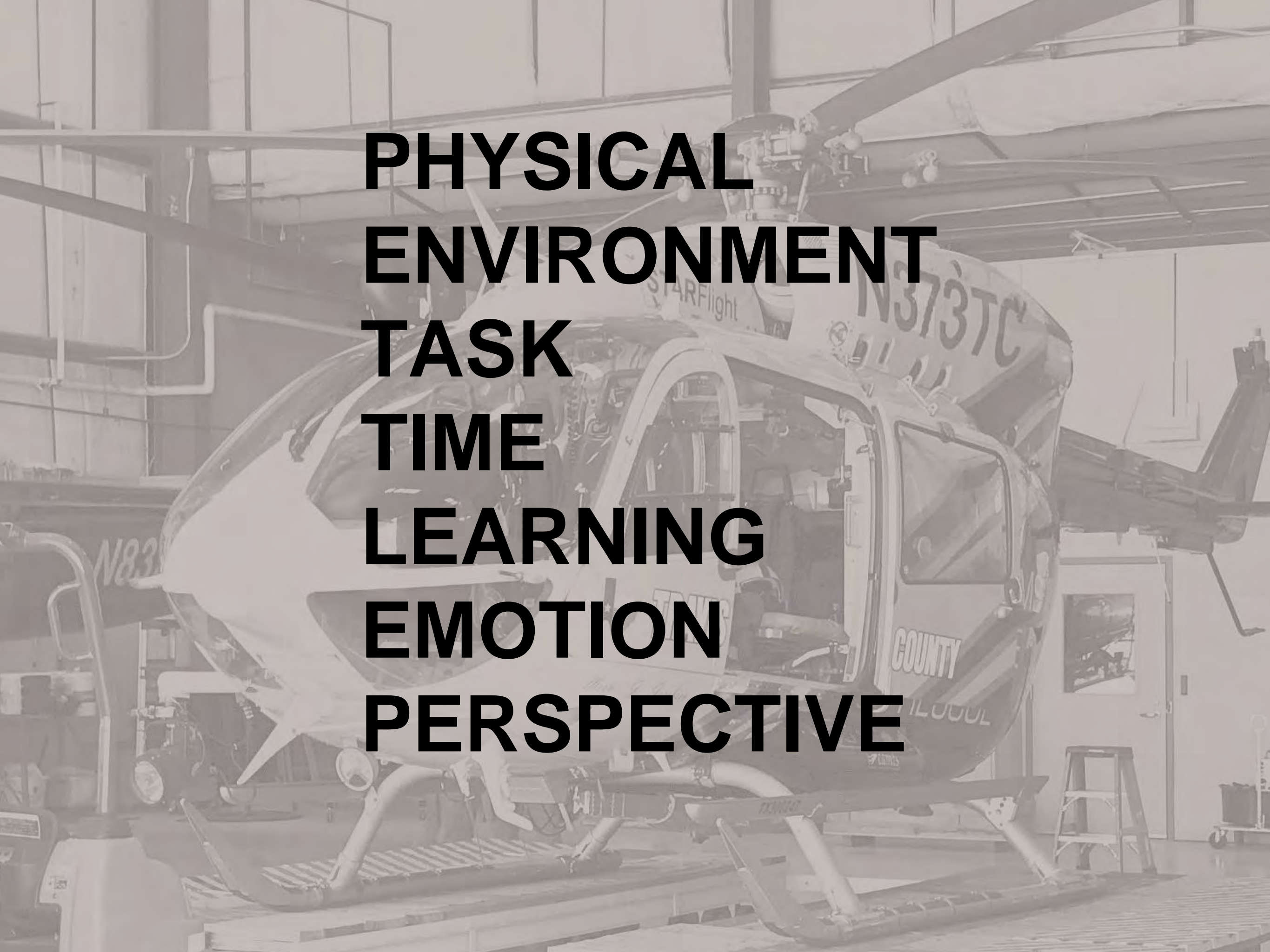
TILLOUGH

N83

1966

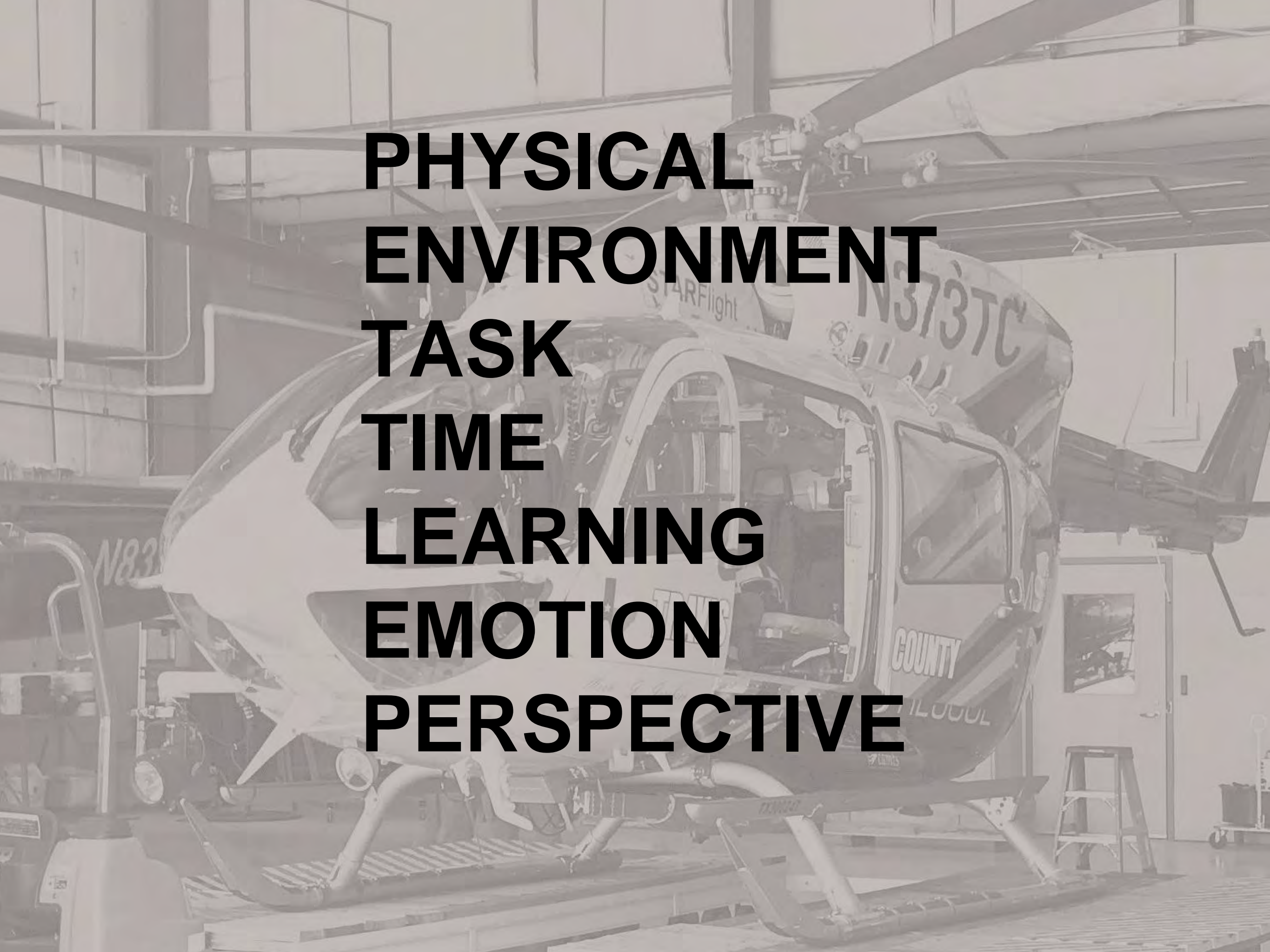
A grayscale photograph of a helicopter in a hangar. The helicopter is the central focus, with its rotors and landing gear visible. The hangar's interior structure, including beams and a door, is also visible. Overlaid on the image is a list of terms in large, bold, black, sans-serif capital letters. The terms are stacked vertically and centered horizontally. The background image is faded to make the text stand out.

**PHYSICAL  
ENVIRONMENT  
TASK  
TIME  
LEARNING  
EMOTION  
PERSPECTIVE**

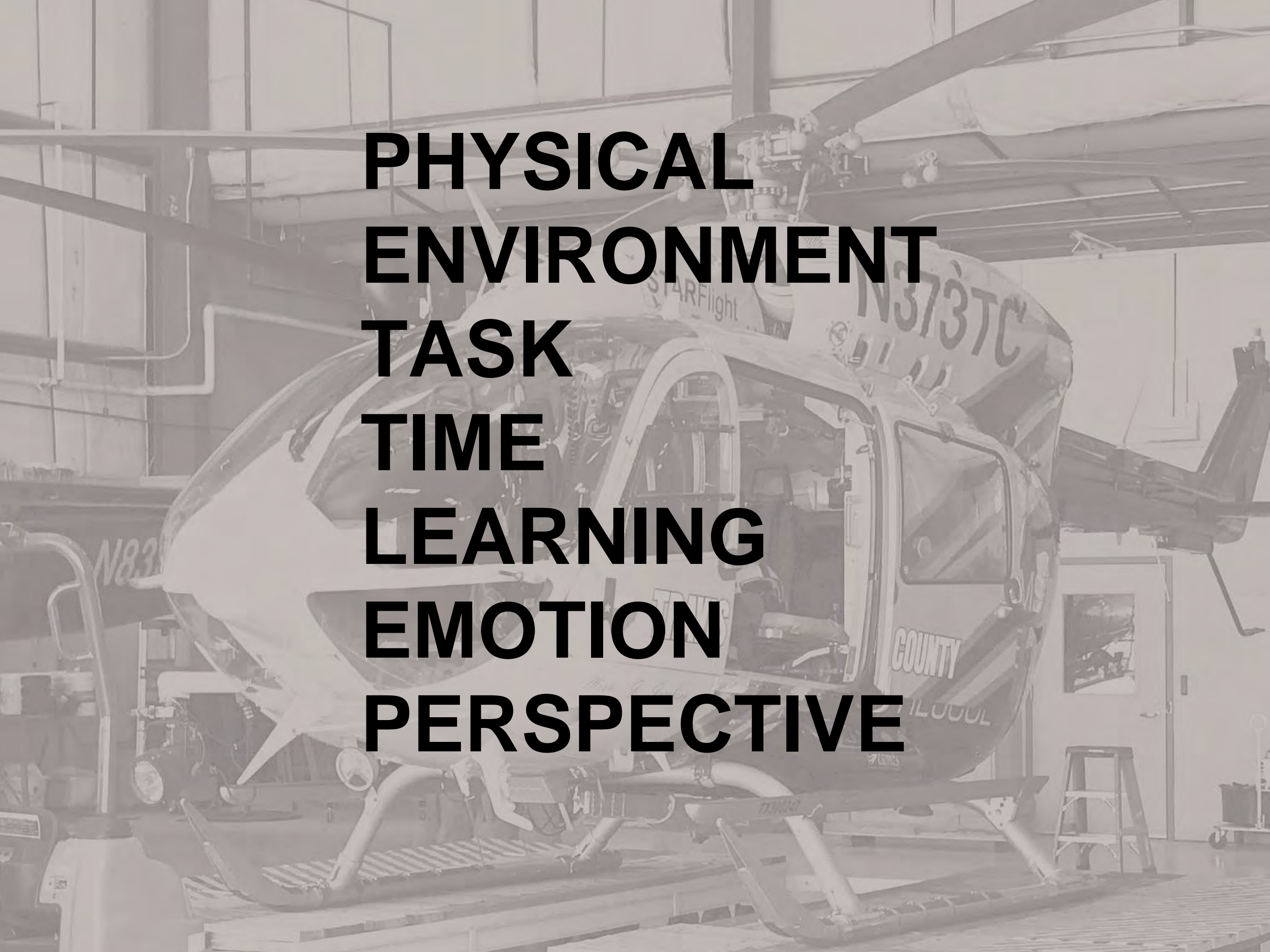
A grayscale photograph of a helicopter in a hangar. The helicopter is the central focus, with its rotors and landing gear visible. The hangar's interior structure, including beams and a door, is also visible. The text 'PHYSICAL ENVIRONMENT TASK TIME LEARNING EMOTION PERSPECTIVE' is overlaid in bold black letters across the center of the image. The helicopter has 'STARFlight' and 'N373TC' written on its side, and 'COUNTY' is visible on the side panel.

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ENVIRONMENT  
TASK  
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LEARNING  
EMOTION  
PERSPECTIVE**

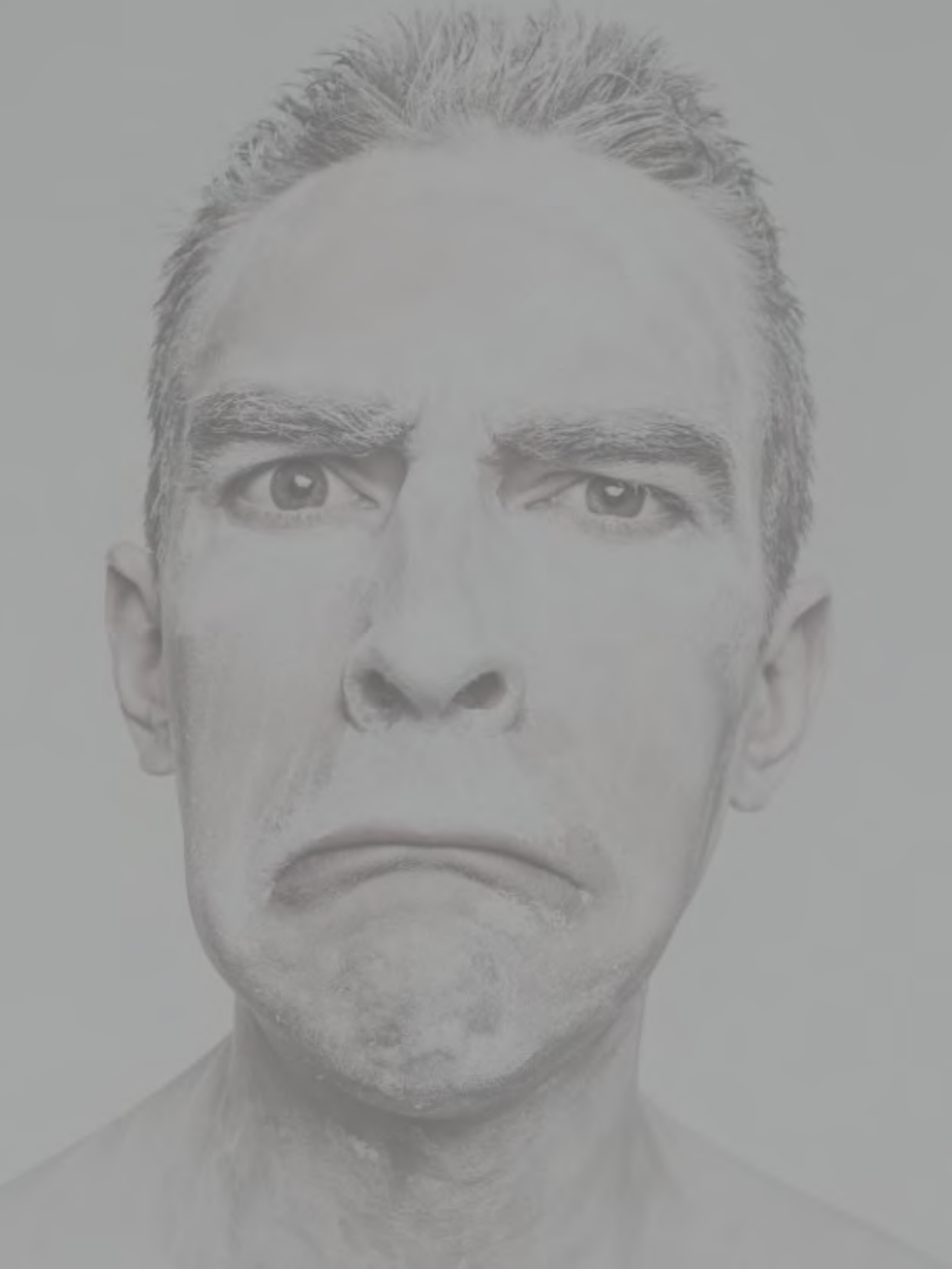


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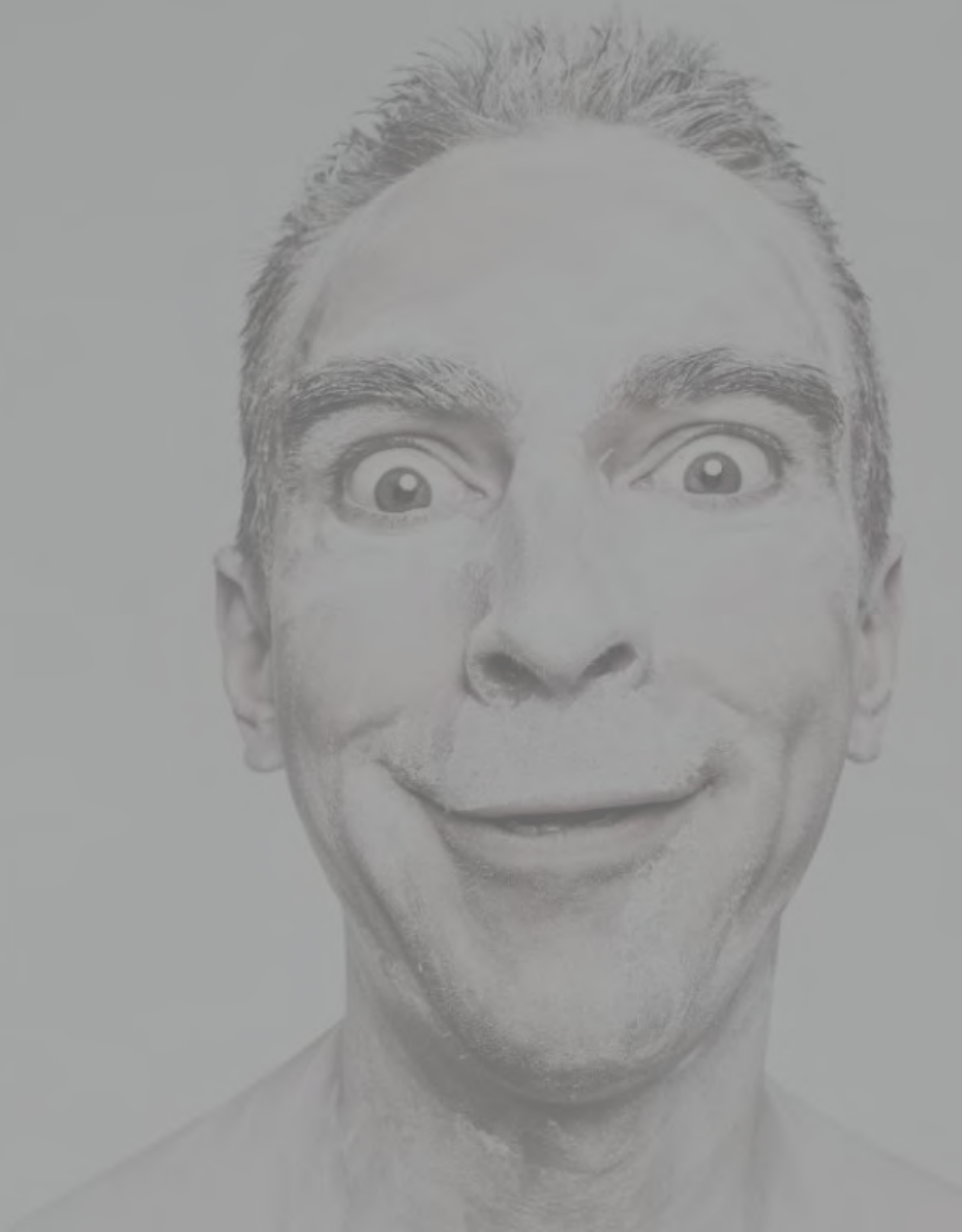
**PHYSICAL  
ENVIRONMENT  
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PERSPECTIVE**

A grayscale photograph of a helicopter in a hangar. The helicopter is the central focus, with its rotors and landing gear visible. The hangar's interior structure, including beams and pipes, is visible in the background. The text 'PHYSICAL ENVIRONMENT TASK TIME LEARNING EMOTION PERSPECTIVE' is overlaid in bold, black, sans-serif capital letters across the center of the image. The helicopter has 'STARFlight' and 'N373TC' written on its side, and 'COUNTY' is visible on the lower part of the fuselage.

**PHYSICAL  
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PERSPECTIVE**



**What if?**



**If..., then...!**

**Identify the THREATS  
Can you REFRAME?**



Visualization/Rehearsal reinforces automaticity and improves performance

Identify Threats

over arousal - negative emotion  
inattention - fear - lack of skill  
lack of preparation

## PETTLEP

model for visualization

Physical  
Environment  
Task  
Timing  
Learning  
Emotion  
Perspective



## NOW SOLVE!

### Physical State


soften grip & face, step back, slow pace, deep breath, relax stance

### Emotional State

self talk with emotional intensity to capture your attention, cue or trigger word for focus

### Cognitive State

notice where focus is, feel it & move on; reframe for acceptable outcome

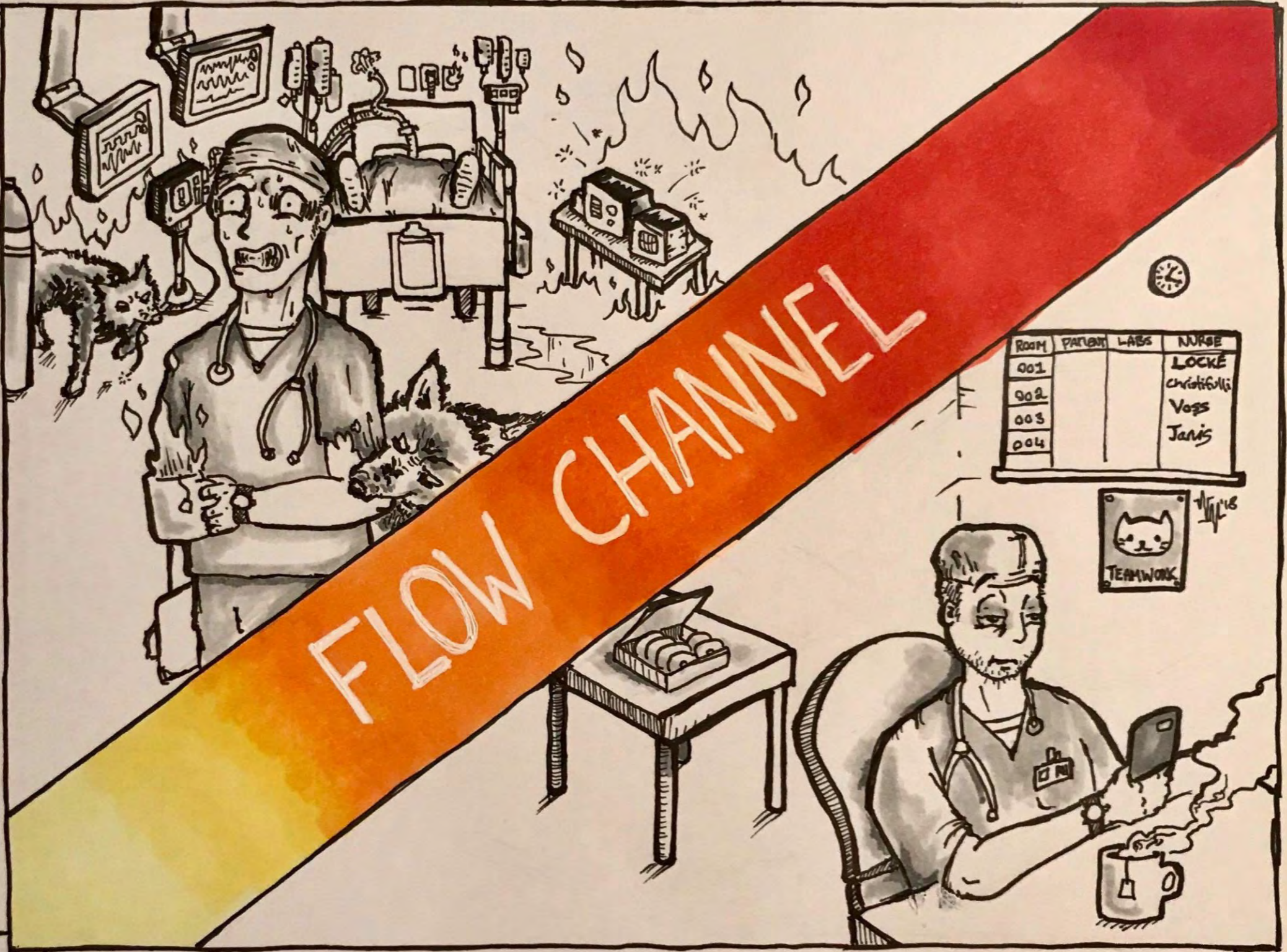


**PHYSICAL  
ENVIRONMENT  
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PERSPECTIVE**

The best moments in our lives are not the passive, receptive, relaxing times. The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.

- Mihaly Csikszentmihalyi

High



Challenge

Low

Low

Skill

High



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Reconnect

















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