

The Mental Side of Injury Recovery

Physical recovery is only part of the comeback.

Athletes often know what exercises they need to do, but the mental side of recovery can be just as challenging.

Build Habits. Believe the Process. Become Your Legacy.

Many athletes experience:

- Fear of reinjury
- Loss of confidence in their body
- Frustration with slow progress
- Feeling disconnected from their athlete identity
- Pressure and expectations around returning to sport

6 Questions Every Injured Athlete Should Ask

1. What has been the hardest part of my recovery mentally?

Identify the emotions, fears, frustrations, or challenges that have come up throughout the process.

2. What thoughts come up when I picture returning to my sport?

Notice the confidence, doubt, excitement, or anxiety connected to your comeback.

3. How has my injury impacted my identity as an athlete?

Remember: you are still an athlete, even when you are not able to compete.

4. What can I control today?

Focus on the small actions, habits, and choices that move the recovery forward.

5. What kind of athlete do I want to become through this process?

Your injury can build resilience, patience, discipline, confidence, and mental toughness.

6. What is one win I can celebrate this week?

Recovery is built through small victories. Recognizing progress—whether physical, mental, or emotional—helps build confidence and keeps you moving forward.

Athlete Confidence Check-In

Where are you at in your recovery?
Answer the statements below to find out.

Rate each statement from 1-10

1 = Not confident at all
10 = Extremely confident

1. I trust my body during my recovery ___/10
2. I believe I can return to my sport successfully ___/10
3. I feel confident handling setbacks or challenges during rehab ___/10

4. I feel connected to my identity as an athlete ___/10
5. I feel prepared mentally for my return to sport ___/10
6. I have a clear goal and plan for my comeback ___/10

Total Score: ____/60

50-60: Building confidence

35-49: Growing through the process

Below 35: Your mental comeback deserves attention

Ready to strengthen the mental side of your comeback?

My **6-Week Athlete Comeback Foundation Program** helps injured athletes rebuild confidence, overcome fear, regain motivation, and return to sport mentally prepared.

Need Additional Support?



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www.coachbonnieperformance.com



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PROGRAM/REFERAL INFO:

6-Week Athlete Comeback Foundation Program

