

Table 1

Detailed instructions to complete a #PsychMapping exercise session.

Main sections	Important steps	Suggestions and examples
Setting up the session	Adapting the materials	Enhance your session preparation by customizing the question cards even before your client arrives. Consider making visual modifications such as colouring, adjusting font size, or incorporating your organization's logo. Tailor the questions to better suit your session by altering the format; for instance, on the original #SportPsychMapping cards (Latinjak et al., 2021), the questions prompt three answers from the client, but you have the flexibility to modify or eliminate this requirement. The intentionally vague wording of the questions allows for easy adaptation to diverse contexts and demographics, whether in tennis, rugby, or when working with athletes or coaches. To streamline the exercise, consider specifying a question related to the context or individual, reducing the cognitive load of verbally adjusting questions during the session. Additionally, feel free to add or omit questions based on their relevance. For optimal results, print the question cards on robust A5 paper (e.g., 200g) and the summary map on A3 paper.
	Setting up the space (in face-to-face sessions)	During in-person sessions, position yourself beside your client with the blank summary map placed in the middle, ensuring clear visibility and accessibility for both. In the initial #PsychMapping exercise, where the client may require more guidance, you might take on the majority of the writing. If you are right-handed, choose a seat to the left of the client; if left-handed, opt for the right side. Position the question cards in front of the client, encouraging their active engagement. Before commencing the exercise, ensure you have red, orange, light green, and dark green crayons (or equivalents) readily available.
	Welcoming the client	Upon the client's arrival, extend a warm greeting and express genuine interest in their well-being and recent experiences. Take a moment to identify any urgent issues that may require immediate attention, potentially superseding the #PsychMapping exercise. Additionally, assess if the client is experiencing mental fatigue, which could impede the successful completion of the exercise. Particularly in the initial #PsychMapping sessions, which can be mentally demanding, if the client is fatigued, consider postponing or dividing the exercise into two sessions. Before delving into the exercise, provide a brief introduction outlining its purpose and objectives. Inquire if the client is willing to proceed. For instance, you might explain that the #PsychMapping exercise entails a 45- to 60-minute self-exploration journey, exploring both external and internal facets relevant to their sports practice. If the client agrees, you can commence the exercise.
The opening section	Introducing the exercise	Initiate the #PsychMapping exercise by outlining its objectives, primarily focused on creating a visual representation of the client's psychological landscape regarding a topic of their choosing. Emphasize additional goals such as fostering self-awareness and establishing a baseline for future interventions in your applied practice. For instance, communicate to the client that the primary aim is to construct a map encompassing crucial aspects of their sports practice, facilitating self-discovery, and enabling the assessment of your collaborative impact. After presenting the aims, elucidate the key steps involved in the exercise, covering the presentation of materials, topic establishment, exploration of external variables, personal descriptors, and self-regulation, culminating in the completion of the summary map. While the client engages with the materials, set a session topic, explaining that you will delve into external influences, aspects about themselves, and their mental skills. Conclude by mentioning the addition of colour to the summary map for a clear representation of the client's strengths

and weaknesses. Encourage the client to glance at the question cards briefly, offering them a sense of control over the forthcoming process. Simultaneously, as the client interacts with the materials, fill in the header of the summary map, including the date, your name, and your client's name or alias. The specific topic will be incorporated in the subsequent step.

Choosing a topic for the exercise

A pivotal stage in the #PsychMapping exercise involves selecting a topic, which subsequently becomes the focal point for each question posed during the exercise. For instance, if the chosen topic is performance, all questions in the central section revolve around performance-related aspects. Similarly, if the topic is sport anxiety, the questions are tailored to address various dimensions of sport anxiety. Essential, more general topics, such as performance and well-being, are suitable for initial exploration in intake sessions or basic client interactions. In cases where a client struggles to pinpoint a topic in the first #PsychMapping exercise session, proposing a broader exploration of performance and well-being in their sport can be beneficial. However, the #PsychMapping exercise also accommodates more specific topics like stress, conflicts with teammates, recent games, or an upcoming tournament. These specific topics are chosen when a client presents particular needs, or specific issues have been identified in prior sessions, either by the client or through collaborative exploration. For instance, a client might opt for the theme of "anger after mistakes" based on a recent tantrum and the acknowledged problematic nature of anger, as highlighted by the client, their parents, and their coach. Once the topic is established, promptly incorporate it into the header of the summary map.

The central section

Formulating a question

The wording of the questions on the cards may appear somewhat awkward, given their need to be adaptable to various contexts and individuals. Therefore, a primary responsibility during a #PsychMapping exercise is tailoring the question wording to suit the client, unless modifications to the question cards were made before the session. Take, for instance, Question 1: "Can you name 3 things about the physical and environmental conditions in your performance context that you think are most relevant (in your case)?" This can be adjusted for a soccer player: "Tell me 3 important things about where you train, compete, and live that affect your performance?" It's crucial that each question concludes with a reference to the chosen session topic. While client responses may occasionally lead to follow-up questions, it's generally advisable to maintain focus on completing the exercise within a reasonable timeframe without disregarding the client. For instance, if a client brings up a conflict with their coach, express interest in exploring it further after completing the exercise. This approach ensures that salient topics don't distract from identifying other important aspects that may arise in subsequent questions.

Making entries on the summary map

In the central part of the #PsychMapping exercise, a crucial role is converting the client's responses into entries on the summary map, particularly in their initial session. Once the client is familiar with the exercise, they can take on this task themselves. Entries are typically brief, either a single word like "parent" or "emotion," or a concise phrase like "relationship with coach." This conversion process resembles a paraphrasing exercise. For instance, after a lengthy response, you might convey to the client that their self-esteem and extraversion are two aspects describing them suitable for the map. Occasionally, a response may touch on concepts spanning multiple columns of the map. In such cases, place the entry in the column to which the term primarily belongs. For example, you could explain to the client that while "parents" are indeed a relevant external influence, "feeling pressure" is another relevant aspect fitting into the personal descriptor column. Paraphrasing serves as an effective way to introduce more specific language to the client. For instance, you might suggest that their answer aligns perfectly with the term "somatic anxiety." Conversely, be receptive to learning specific terminology from the client. For example, a client using the term "rebooting" to describe a successful recovery from a poor sports competition led to its frequent use in subsequent sessions. However, a crucial step in creating

		entries on the map is always seeking the client's approval before making an entry. The summary map should, above all, represent and make sense to the client.
	Giving feedback and guidance to the client	Clients may encounter difficulty answering certain questions. If the challenge arises from a lack of understanding, attempt rephrasing the question. If clients still struggle to find answers, direct their attention to the pictures and examples on the question card. However, exercise caution when providing examples yourself, as they can introduce bias. Consider the #PsychMapping exercise as a tool for gauging the client's self-knowledge. The inability to answer a question also conveys valuable information. An exception is Question 13 on poor coping strategies, acknowledged for its difficulty. Despite its challenges, it remains in the exercise because the responses it elicits are often insightful. An example formulation for Question 13 involves describing an ostensibly dysfunctional coping strategy, such as drinking a beer after a tough day, highlighting its short-term relief but long-term drawbacks. At times, you might want to challenge a client's response or omission, especially if the primary goal is building self-knowledge. For instance, inquire why a client didn't mention their anger during games despite prior discussions. However, if the primary aim is to explore the client, it's often more beneficial to observe without questioning until after completing the exercise.
The summary section	Rating the entries on the map	Before commencing the rating of entries, prompt the client to review the summary map to ensure nothing essential is missing. Encourage them to take a brief break, examine the map, and identify any crucial external influences, personal descriptors, or self-regulation aspects related to the topic. The rating process typically involves colour-coded highlighting of more or less problematic and helpful aspects concerning the explored topic. Instruct the client to: • Circle in red those aspects almost always problematic to their performance. • Use orange for aspects more problematic than helpful to their performance. • Utilize light green for aspects more helpful than problematic to their performance. • Employ dark green for aspects almost always helpful to their performance. • Circle in grey those aspects that are as helpful as they are problematic, ensuring no entry is accidentally omitted. Clients sometimes make the mistake of evaluating the theoretical value of an entry rather than considering their specific case. If such a mistake is suspected, challenge the client. For instance, inquire why they coloured motivation dark green when, in their previous comments, they mentioned a lack of motivation. Additionally, ask the client to underline the most relevant entries. Clarify that while all entries are relevant, they can highlight a few by underlining them.
	Client questions and summaries	As the exercise concludes, prompt the client to pose questions, aiding them in identifying any lingering uncertainties. For instance, inquire if they recall the exercise's objectives or the significance of specific entries on the map. By fostering questions, you assist them in clarifying doubts. While a brief summary of the map can be created, it's advisable to reserve more extensive summaries and analyses for a later time. Post-exercise, especially for clients engaging in the exercise for the first time, fatigue may be prevalent. Depending on both your and the client's experience with the exercise, drawing insightful conclusions from a comprehensive summary map might be challenging in the immediate aftermath. Nonetheless, experienced clients often exhibit less fatigue, complete the exercise more efficiently, and derive substantial benefits from subsequent discussions. In such cases, you might even request an experienced client to provide their own summary of the map. Regardless, it's beneficial to reiterate the map's significance to the client. Emphasize that the summary map encapsulates their reflections on a specific topic. As their capacity and inclination to contemplate aspects evolve over time, so too may the summary map, reflecting changes in their psychological self-perception.

Terminating the exercise	Conclude the session by recalling noteworthy aspects that emerged during the exercise, expressing an intention to delve deeper in subsequent sessions. Remind the client, for instance, that you aim to explore their academic troubles further, evident as a highly problematic aspect on the summary. Inquire if there's a fleeting aspect from the exercise they wish to discuss more extensively in the future. Highlight the prospect of revisiting the exercise to augment the client's self-awareness or monitor changes resulting from your collaborative efforts. Propose a periodic repetition, such as every six months, to progressively uncover more about the client and gauge their progress over your working period. Ensure the client receives the summary map, but not before capturing a picture for your records. As a final touch, consider assigning homework based on the summary map. Encourage the client to incorporate daily experiences, adding concepts or adjusting colours, fostering ongoing reflection until your next session.
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