

Vadim Guschin

Doctor of. Medical sciences, Professor

A psychologist who has been working with M. Youzhny and with members of the Junior national team since 2000.

Self-control under competitive pressure

The key aspect of getting self-reliance is subjective conscious and subconscious evaluation of the success probability. In this work the author defines the boundaries of psychological certainty and offers methods for building confidence.

Key methods include:

- focus on full self-manifestation ("I want, I can" instead of "I must");
- complete "immersion" in the process, technique, harmony of the movements;
- achieve a feeling of complete self-control;

Typical problems concerned with an incorrect goal setting are given in this work. Author describes the technique of self-control and short-term psychotherapy