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Emotion Regulation and Sport Performance 2014, 36, repeated-measures design to examine the relationship between emotional self-regulation and sport performance.

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Emotion Regulation of Others and Self. examines how emotion regulation develops during childhood own feelings can influence sports performance,

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Emotion regulation is Athletes develop beliefs about emotions and performance, The latter two strategies of imagery and self-talk, regulate the emotion

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Keywords. IZOF model; Emotions; Mental training; Gymnastics; Hockey; Much of the work in applied sport psychology is based on experiential knowledge, and

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