



Manual of Applied Performance Skills

Your MAPS to Navigate Basic Combat Training

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BASIC CONNECTIONS: Feelings Wheel (Table Format)

5. Sad

- a. lonely
 - i. isolated
 - ii. abandoned
- b. vulnerable
 - i. victimized
 - ii. fragile
- c. despair
 - i. grief
 - ii. powerless
- d. guilty
 - i. ashamed
 - ii. remorseful
- e. depressed
 - i. empty
 - ii. inferior
- f. hurt
 - i. disappointed
 - ii. embarrassed

- e. accepted
 - i. respected
 - ii. valued
- f. powerful
 - i. courageous
 - ii. creative
- g. peaceful
 - i. loving
 - ii. thankful
- h. trusting
 - i. sensitive
 - ii. intimate
- i. optimistic
 - i. hopeful
 - ii. inspired

7. Surprised

- b. startled
 - i. shocked
 - ii. dismayed
- e. confused
 - i. disillusioned
 - ii. perplexed
- f. amazed
 - i. astonished
 - ii. awe
- g. excited
 - i. eager
 - ii. energetic

6. Happy

- a. playful
 - i. aroused
 - ii. cheeky
- b. content
 - i. free
 - ii. joyful
- c. interested
 - i. curious
 - ii. inquisitive
- d. proud
 - i. successful
 - ii. confident

Main Module

BASIC CONNECTIONS: Feelings Wheel (Table Format)

1. Bad

- a. bored
 - i. indifferent
 - ii. apathetic
- b. busy
 - i. pressured
 - ii. rushed
- c. stressed
 - i. overwhelmed
 - ii. out of control
- d. tired
 - i. sleepy
 - ii. unfocused

2. Fearful

- a. threatened
 - i. exposed
 - ii. nervous
- b. rejected
 - i. persecuted
 - ii. excluded
- c. weak
 - i. insignificant
 - ii. worthless
- d. insecure
 - i. inferior
 - ii. inadequate
- e. anxious
 - i. worried
 - ii. overwhelmed
- f. scared
 - i. frightened
 - ii. helpless

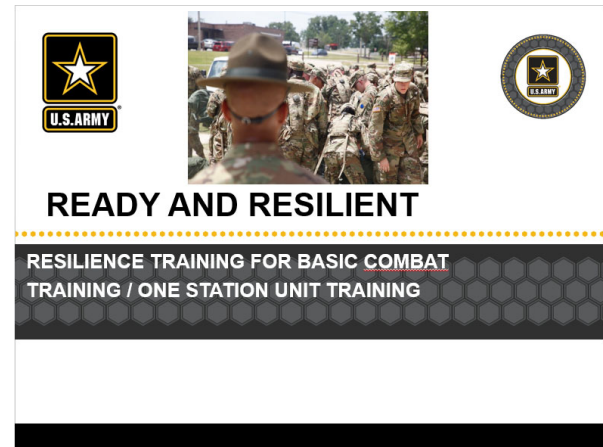
3. Angry

- a. critical
 - i. dismissive
 - ii. skeptical

- b. distant
 - i. numb
 - ii. withdrawn
- c. frustrated
 - i. annoyed
 - ii. infuriated
- d. aggressive
 - i. hostile
 - ii. provoked
- e. mad
 - i. jealous
 - ii. furious
- f. bitter
 - i. violated
 - ii. indignant
- g. humiliated
 - i. ridiculed
 - ii. disrespected
- h. let down
 - i. disrespected
 - ii. betrayed

4. Disgusted

- a. repelled
 - i. hesitant
 - ii. horrified
- b. awful
 - i. detestable
 - ii. nauseated
- c. disappointed
 - i. revolted
 - ii. appalled
- d. disapproving
 - i. embarrassed
 - ii. judgmental



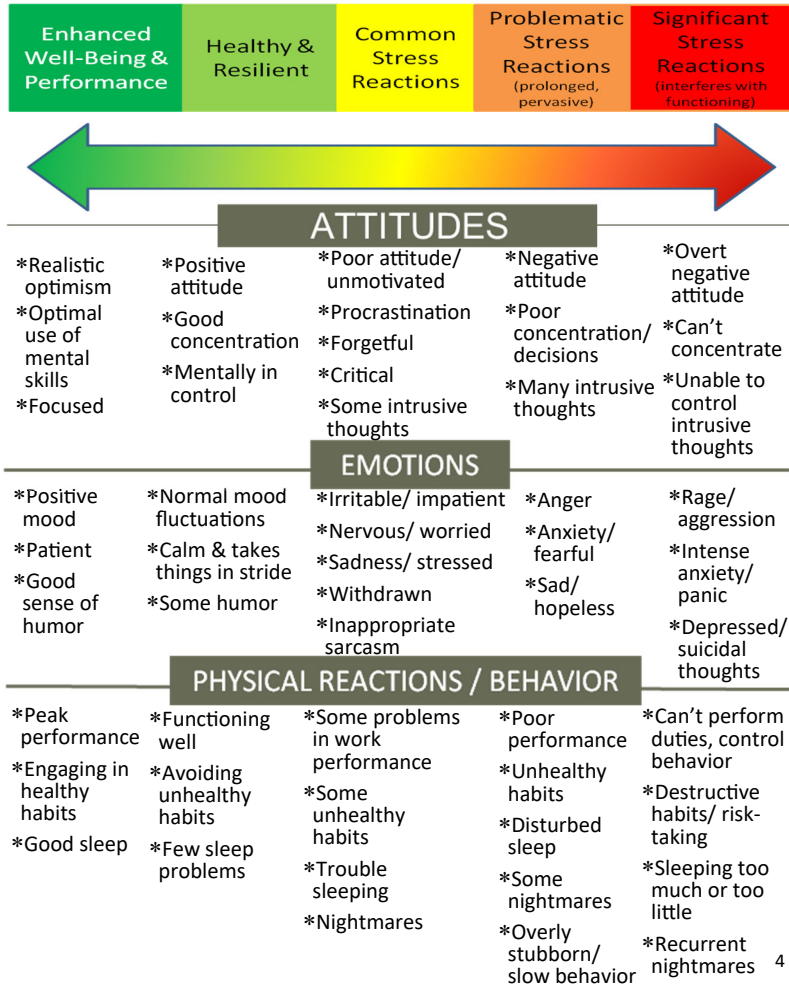
How to Use Your MAPS Booklet

Just like a real map gets you where you need to go, this MAPS booklet is designed to help you get your mind where it needs to go in order to maximize your performance throughout Basic Combat Training.

You're encouraged to use this booklet to help you prepare for and reflect back on key BCT / OSUT events as a sort of training log — something 90% of US Olympic athletes report using to help them strengthen their minds and bodies when they are training.

“We have to take our Soldiers from the time they come into the Army and build resiliency within them all the way until the time they get out.” -Gen. John F. Campbell, Vice Chief of Staff of the Army

The Mental Fitness Continuum



PAAR: Recovery Plan

- Record how you will recover following this event

1	<i>I will take a minute or two in between events and 5 minutes before bed to "Stop, Unlock, and Breathe"</i>
2	

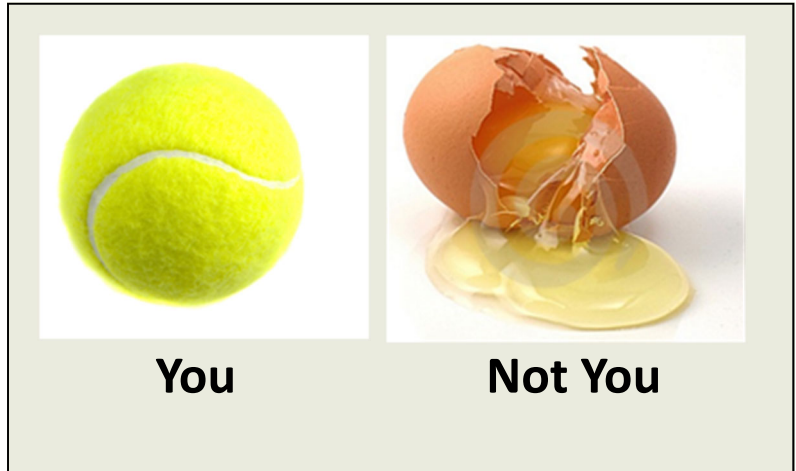
"Mentally tough athletes are really good at making adjustments and doing them quickly. They look for a lesson in it, and if there is none, they move on."
 -Chris Carr, sports psychologist who works with U.S. Olympic teams

PAAR: Competence Builders

- Now add up to 3 corrections and/or improvements to make in order to get better (**Competence Builders**)

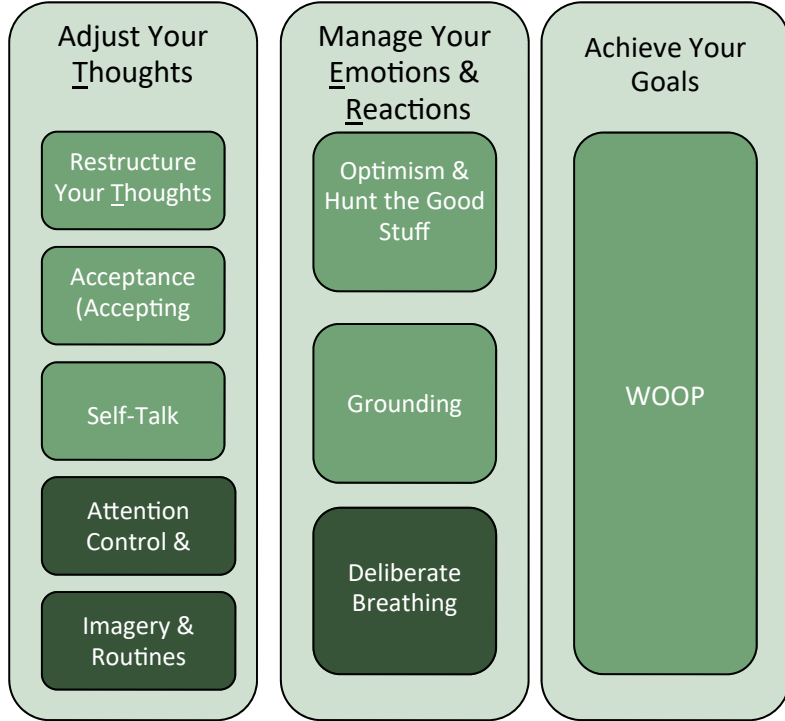
1	<i>Next time, I will use Deliberate Breathing more consistently</i>
2	
3	
4	

Resilience



- **Resilience** is the ability to withstand, recover, grow, and thrive in the face of stressors and changing demands.
- Instead of breaking when faced with a tough situation, resilient Soldiers bounce back like a tennis ball.
- Stuff happens and BCT / OSUT is going to be tough, but you can control how you respond.
- It's not just the fortunate few who can be resilient – these are skills anyone can learn.
- That's why you are receiving this training. It's designed to develop resilient Soldiers.

Resilience Skills You Will Learn



Note: The skills in the dark green boxes are those you will learn in mini-modules later on in BCT / OSUT.

Each of these skills is something that you can do by yourself in just a few minutes to help you deal with the stressful things happening to and around you, especially situations and events that you cannot control.

Personal After Action Review (PAAR): Confidence Builders

- After you complete the major event, record at least 3 personal successes from the event (**Confidence Builders**)

1	<i>I followed every one of Drill Sergeant's coaching commands and responded with a confident voice</i>
2	
3	
4	

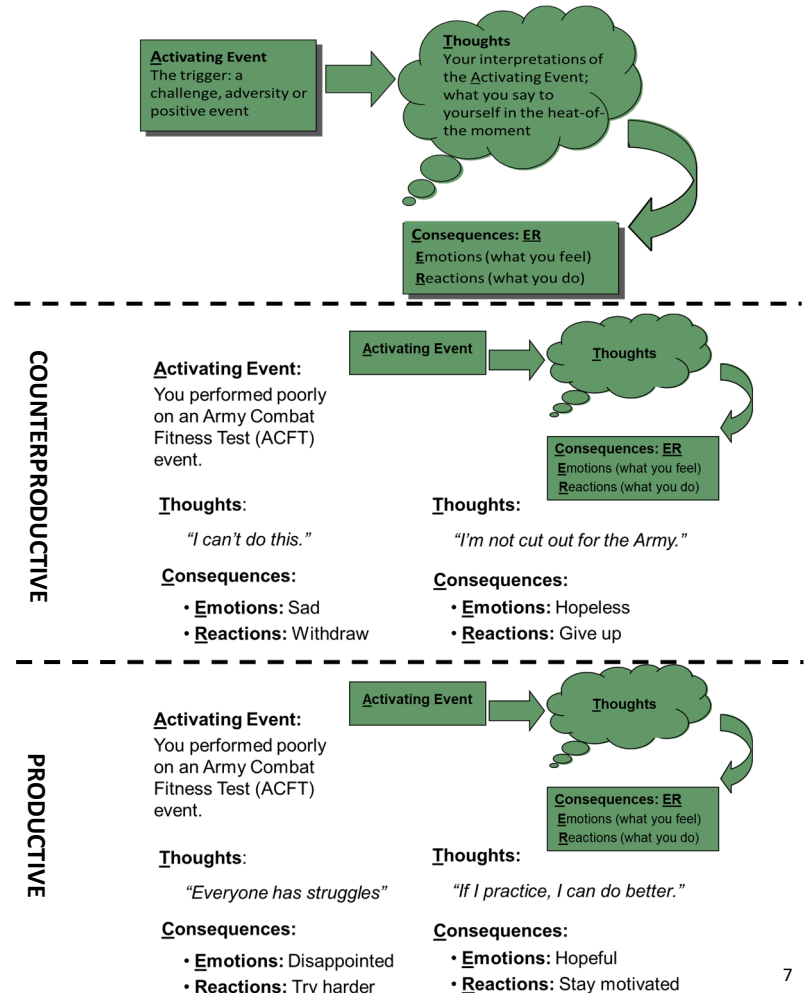
Imagery and Routines in Review

- Before the Event: “**Ready**” Your Thoughts
 - Use productive Self-Talk
 - Use Imagery to visualize all three stages
 - Keep it simple
- Just Before the Event: “**Set**” Your Energy
 - Embrace nervousness
 - Be comfortable being uncomfortable
 - Deliberate Breathing
- During the Event: Focus Attention and “**Go**”
 - Focus on your WIN to help you fire your weapon
 - Fire with your eyes, not your brain



“Excellence is an art won by training and habituation.... We are what we repeatedly do. Excellence, then, is not an act but a habit.” -Aristotle

The ATC Model



Adjust Your Thoughts

Is there a need to adjust your Thoughts?

- As a result of a situation or event, did you receive a desirable outcome?

- **Yes:** No action needed
- **No:** Identify what is controllable and uncontrollable

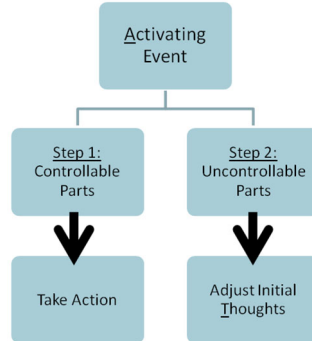
- When you need to adjust your Thoughts

- **Step 1:** For the parts of the situation or event that can be changed (controlled), take action to change those parts.

Physically prepare and move on to the next task

- **Step 2:** For the parts of the situation or event that you can't control, your Initial Thoughts may need to be adjusted.

Adjust the Thoughts you had initially



3 Ways to Adjust Your Thoughts

- 1) Restructuring Thoughts
- 2) Acceptance
- 3) Self-Talk

Focus Attention and Let “Go”

- When it's time for the event, focus attention where you need it, on **the WIN that helps you fire your weapon**
- Then let “Go” and fire **with your eyes and not your brain**



Attention to WIN:
*Breathe, Relax,
Aim, or Squeeze*

Attention to your WIN:

“Set” Your Energy

- Just before the event, **embrace your nervousness**
 - Accept and thank your body for the extra adrenaline
- Be comfortable being uncomfortable
- **Deliberate Breathing**
 - “Stop, Unlock, and Breathe”
- Include this stage in your Imagery



Energy Cue:
Alert and Focused

Energy Cue Ideas:

Restructure Your Thoughts

- Restructure Your Thoughts: Thinking about the event from a different perspective is a resilience strategy

Adjust Your Thoughts

- Restructure Your Thoughts**
- Acceptance (Accepting Reality)
- Self-Talk
- Attention Control & Confidence
- Imagery & Routines

- Examples of when it would be helpful
 - When you’ve performed poorly and are hard on yourself
 - When battle buddies are being hard on themselves

Non-Optimal Thoughts	Restructured Thoughts
<i>“I’m an idiot and let my buddies down.”</i>	<i>“I won’t do that again; I’ve learned my lesson.”</i>
<i>“I’m not going to make it through BCT / OSUT.”</i>	<i>“If that’s the worst thing I do here, I’m doing pretty well.”</i>
<i>“They’re all going to hate me.”</i>	<i>“Everyone messes up; it’s not the end of the world.”</i>
<i>“I always screw up.”</i>	<i>“I messed up this one task in this one way; I didn’t mess up everything.”</i>

- Remember your Thoughts drive your Consequences

Acceptance

- **Acceptance:** Understanding that some things are unpleasant, but enduring them anyway is a resilience strategy

Adjust Your Thoughts

Restructure Your Thoughts

Acceptance (Accepting Reality)

Self-Talk

Attention Control & Confidence

Imagery & Routines

- Examples of when it might be helpful
 - Drill Sergeants providing corrective action
 - Dealing with tough environmental conditions

Self-Talk

- **Self-Talk:** utilizing your inner voice to motivate yourself is a resilience strategy

Adjust Your Thoughts

Restructure Your Thoughts

Acceptance (Accepting Reality)

Self-Talk

Attention Control & Confidence

Imagery & Routines

- Examples of when it would be helpful
 - Before an important event such as RM
 - During a stressful task like an obstacle course

"I'm trained for this"

"I can do this"

"Whether you think you can, or you think you can't, you're right." -Henry Ford

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"Ready" Your Thoughts

- Use **"ready"** as cue word when preparing for event
- Thoughts should be productive **Self-Talk** (like Self-Talk involved in WOOP)
- Keep it simple
- Use **Imagery** to see your success



Productive Self-Talk Statement:

See the target, hit the target!

Productive Self-Talk Statement Ideas:

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“Ready, Set, Go”



TEA
Thoughts
Energy
Attention



Manage Your Emotions & Reactions

Optimism & Hunt the Good Stuff

- **Optimism:** hopefulness and confidence about the future or the successful outcome of something
- **Hunt the Good Stuff (HTGS):** skill that builds optimism by finding and reflecting on the good things is a resilience strategy



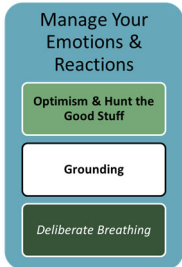
- Examples of when it would be helpful
 - At the end of the day
 - With battle buddies

- **Optimism is about:**
 - Remaining realistic
 - Identifying what’s controllable
 - Maintaining hope
 - Having confidence in yourself and your team
- **Hunt the Good Stuff** leads to Optimism and Optimism can result in:
 - Better health, better sleep, feeling calm
 - Lower depression and greater life satisfaction
 - More optimal performance
 - Better relationships

“Perpetual optimism is a force multiplier.” -GEN (Ret.)
Colin Powell

Grounding

- **Grounding:** a resilience skill used to regain your focus, and control your energy levels



- Examples of when it would be helpful
 - When your mind is wandering away from the task at hand
 - When taught to a battle buddy who is anxious or nervous and needs to calm down

- Grounding helps bring your focus back to the present by controlling your arousal and counteracting negative effects of adrenaline
- Do 3x3 exercise to ground — Identify 3 things you can:
 - See
 - Hear
 - Feel (physically)

Using a Routine

- You already use routines, but now you will consciously create one for RM
- Firing routines improve performance because they:
 - Help you focus on how you shoot, not the results
 - Keep your mind on the present mission
- To develop an effective firing routine:
 - Shoot and think the same way every time
 - Keep your Thoughts simple
 - Practice and rehearse it often

PreGame Routines



“You’ve got to approach it (NBA Finals) like normal,” he said to the press in a YouTube video. “The routine that you set up all season long—you’ve got to rely on that.”

Imagery and Routines Overview

- What is it?
 - **Imagery:** Purposeful daydreaming or visualization to help you get ready for an event
 - **Routines:** Standard procedures
- How does it work?
 - Use Imagery to develop a routine
 - **Imagery**
 - Brain can't tell the difference between reality and an imagined event so your body responds like the event is real
 - Improves "muscle memory," strengthens the mental blueprint of skills
 - **Routines:** Actions done so often in a particular order to prepare you mentally and physically to perform so that you can focus on WIN



Using Mental Imagery

- Elite athletes, very successful people report using Imagery
 - Missy Franklin
 - Jim Thorpe
 - Michael Phelps
- Mental imagery + physical practice are best
 - Mental Imagery is better than nothing
 - Science shows highly skilled individuals use Imagery more than less-skilled people

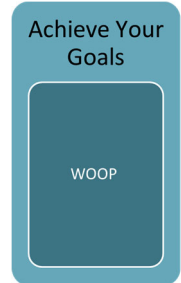
“He’s the best I’ve ever seen and maybe the best ever in terms of visualization. He will see exactly the perfect race. He’ll see it like he is in the stands and he’ll see it like he’s in the water.”
 -Bob Bowman, coach of Olympic swimmer Michael Phelps

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Achieve Your Goals

WOOP

- You wouldn't wait until a firefigt to decide a plan of attack
 - Planning for external obstacles is best done in advance, when you can think most clearly
 - The same is true with internal obstacles (thoughts and feelings) that might get in the way of accomplishing your goal
 - There will be times when you feel like you want to quit. You should decide in advance how you will overcome those feelings
-
- WOOP: a framework to help you stick to a goal in the face of challenges
 - WOOP encourages you to identify your goal, visualize what success would mean to you, and plan for likely obstacles



- WOOP
- Wish - Identify something you want to achieve
- Outcome - Visualize the benefits of achieving the goal
- Obstacle - Recognize the main internal obstacle that might get in your way
- Plan - Decide now what you will do when the obstacle arises

WHEN (obstacle), THEN (action)



(See next pages for examples and space to create your own.)

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WOOP - Big Picture Goal

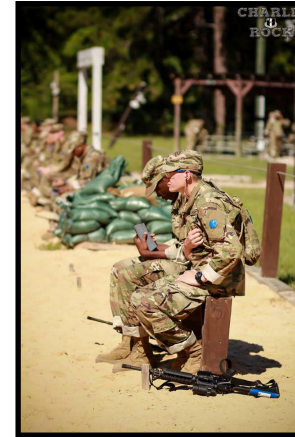
Wish	<i>Graduate BCT</i>
Outcome	<i>I will feel <u>proud</u> to be part of the Army tradition</i>
Obstacle	<i>In the evenings, I get <u>homesick</u>, and feel like <u>quitting</u> so that I can be back with friends and family</i>
Plan	<i><u>WHEN</u> I feel homesick, <u>THEN</u> I will practice <u>grounding</u> and <u>acceptance</u></i>



Wish	<i>Graduate BCT</i>
Outcome	
Obstacle	
Plan	

Wish	<i>Graduate BCT</i>
Outcome	
Obstacle	
Plan	

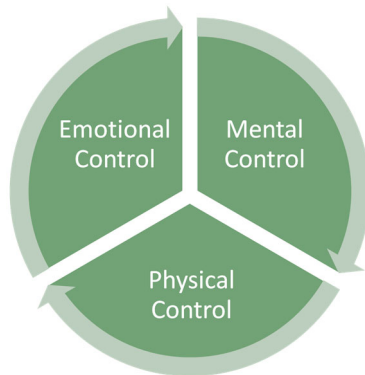
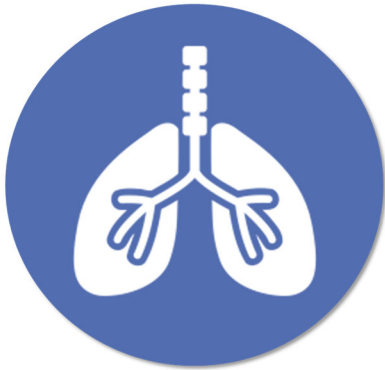
Mini-Module: Imagery and Routines



Deliberate Breathing in Review

- Composure Under Fire involves physical, emotional, and mental control
- Deliberate breathing can help you maintain composure under fire
- Breathe *slow and low*:
 - Slow - 5 second cadence
 - Low - moving the belly, not the chest
- Use for a few breaths when you need to gain composure
- Use for longer for general relaxation

Practice Deliberate Breathing BEFORE you need it!



WOOP - Short Term Goals

<u>W</u>ish	<i>Perform well in combatives</i>
<u>O</u>utcome	<i>I will <u>feel like a warrior</u>, and that I truly <u>belong here</u></i>
<u>O</u>bstacle	<i>I get in my head, <u>telling myself I'm not strong enough</u> to beat anyone in combatives</i>
<u>P</u>lan	<i><u>WHEN</u> I hear the <i>negative voices</i>, <u>THEN</u> I will use grounding and restructure my thoughts to "I am here to get stronger!"</i>
<u>W</u>ish	
<u>O</u>utcome	
<u>O</u>bstacle	
<u>P</u>lan	
<u>W</u>ish	
<u>O</u>utcome	
<u>O</u>bstacle	
<u>P</u>lan	

WOOP - Spare pages

<u>W</u> ish
<u>O</u> tcome
<u>O</u> bstacle
<u>P</u> lan
<u>W</u> ish
<u>O</u> tcome
<u>O</u> bstacle
<u>P</u> lan
<u>W</u> ish
<u>O</u> tcome
<u>O</u> bstacle
<u>P</u> lan

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Deliberate breathing for **action**

- Implement a quick **“tactical pause”** to gain composure
- Can be done in 2 to 3 breaths
- Embrace the phrase **“Stop, Unlock, and Breathe”**
 - **Stop**—sit or stand still
 - **Unlock**—let go of unnecessary muscle tension
 - **Breathe**—breathe slow and low
 - **“5-5 cadence”** - five-count inhale and five-count exhale
 - Focus on expanding the belly on inhale, and pulling it in on exhale
- Practice taking this tactical pause *before* you need it



Deliberate breathing for **relaxation**

- During downtime, try the above for a few minutes rather than 2 to 3 breaths
- Longer practice enhances general relaxation

“When you own your breath, nobody can steal your peace.” -Author Unknown

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Benefits of Deliberate Breathing

Scientificallly-Supported Benefits	Targets of Opportunity
Improves memory and recall	End of Cycle Testing (EOCT)
Improves decision making and mental agility	CBRN Chamber, Confidence Obstacle Course (COC), FTX
Improves alertness, focus, and concentration	All events
Improves coordination on fine motor tasks	RM
Improves recovery following gross motor tasks (<i>like crawling or running</i>)	ACFT, COC
Improves emotional control during stressful situations	COC, RM
Reduces fatigue during longer operations	ACFT, COC, Road March, FTX

WOOP - Spare pages

<u>Wish</u>
<u>Outcome</u>
<u>Obstacle</u>
<u>Plan</u>
<u>Wish</u>
<u>Outcome</u>
<u>Obstacle</u>
<u>Plan</u>
<u>Wish</u>
<u>Outcome</u>
<u>Obstacle</u>
<u>Plan</u>

WOOP - Spare pages

Wish

Outcome

Obstacle

Plan

Wish

Outcome

Obstacle

Plan

Wish

Outcome

Obstacle

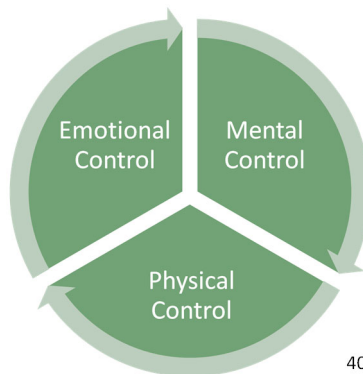
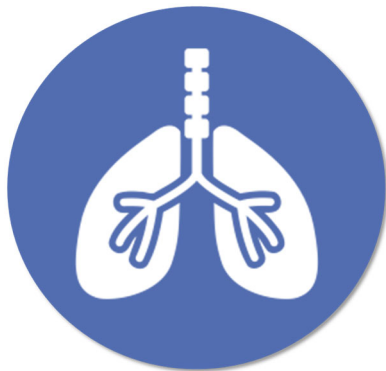
Plan

Deliberate Breathing Overview

- **What is Deliberate Breathing?**
 - **Slow:** inhale to count of 5, exhale to count of 5
 - **Low:** expand and contract the belly, rather than the chest
- **Why is it needed?**
 - The body's natural response to danger is high arousal for fight or flight. It evolved for cavemen, when fighting meant immediately hitting something with fists, rocks, and clubs and fleeing meant running as fast as you can.
 - The response was designed for large, immediate movements with little requirement for complex thoughts or skills
 - For modern Soldiers, fighting involves waiting, communicating clearly, making decisions, and controlling complex equipment
 - Therefore, under stress, we need to control our levels of arousal to allow more sophisticated responses.
- **Why does it work?**
 - During high stress, our breaths naturally become fast, shallow, and high (moving just the chest)
 - Deliberately taking **slow, low breaths** sends feedback to the brain that the level of danger has reduced, and the body needs less activation

Deliberate Breathing Overview

- **Composure Under Fire** refers to *physical, mental, and emotional control under stress*
- **Composure under fire** creates a cool, calm, and confident attitude that helps people survive extreme situations
- **Deliberate Breathing** is an effective way to train and access composure under fire
 - Use before and/or during key BCT / OSUT events



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Hunt the Good Stuff Journal



Instructions: To Hunt the Good Stuff, record three good things each day

- Next to each positive event you list, write a reflection (at least one sentence) about ONE of these things:
 - Why this good thing happened
 - What this good thing means to you
 - What you can do tomorrow to enable more of this good thing
 - What ways you or others contributed to this good thing

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.” -Harry S. Truman

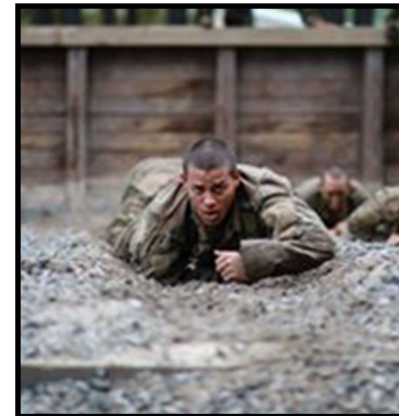
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Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Mini-Module: Deliberate Breathing



Attention Control and Confidence in Review

- Attention is limited so you have to focus on **WIN**
- Build confidence through:
 - **Personal experience**
 - **Physical state**
 - **Observing others**
 - **Self-talk**
- Use productive, effective Self-Talk to replace fearful thoughts and coach yourself and your buddy through key events



Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

More Effective Thoughts & Self-Talk

I remember how I loved the monkey bars as a kid!



Companies pay lots of money for teambuilding courses like this!

People do this all the time for the Warrior Dash—and they LOVE it!



Record some more effective, optimal Thoughts about the major event or Productive Self-Talk you could use to help you get through it:

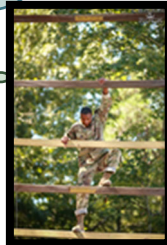
Fearful Thinking and Self-Talk

I'm not strong enough for this!



This is dangerous. Why are we doing this?

This is impossible! If I reach for it I will fall.



Record some fearful Thoughts you might be having about the major event:

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Self-Talk

- Use **Self-Talk to focus on the task** and help you rely on your training for optimal performance
 - For example, you can say to yourself:
 - *"I can do this"*
 - *"I am trained for this"*
- Use Productive Self-Talk to walk yourself through the event, then walk your buddy through it

Record some effective Self-Talk statements you might use to walk yourself through the Confidence Obstacle Course:

Observing Others

- Gain confidence by **observing someone else's performance**, so watch other people while you wait for your turn
- When you see someone who has **similar abilities to you**:
 - Gain confidence when they succeed
 - Get information about ways to adjust and perform better if they fail

Record an example of when you felt more confident after watching someone else do something:

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Personal Experience

- **Past experience** can help you feel confident
 - Success builds enthusiasm, optimism
 - Failure builds competence, helps you make adjustments

What have you already accomplished in BCT / OSUT and/or in your life up to this point that might help you feel confident in your ability to complete BCT / OSUT?

Physical State

- How you feel when you're tired and hungry versus well-rested, prime physical condition
- **Feeling physically ready** helps you feel confident
- Anxiety can also reduce confidence, but you can fight it with **Deliberate Breathing** (*or deep breathing if you haven't learned about Deliberate Breathing yet*)

How do you want to physically feel before important BCT / OSUT events?

WIN

- To focus your attention on the task, think WIN
 - What's
 - Important
 - Now
- For example, think about climbing the cargo net rather than how you got off to a slow start
- Focus on what you can do and/or control now



Confidence

- **Confidence:** Degree of certainty about your ability to execute action to produce an outcome
- 4 sources of confidence
 1. Personal experience
 2. Physical state
 3. Observing others

Adjust Your Thoughts

- Restructure Your Thoughts
- Acceptance (Accepting Reality)
- Self-Talk
- Attention Control & Confidence**
- Imagery & Routines



"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things." -Joe Namath

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Hunt the Good Stuff Practice

Date: _____

Good Stuff (Positive Event)	Reflection

Attention Control and Confidence Overview

- What is it?
 - Attention control means paying attention to the most important things around you
 - Building confidence helps you improve your performance by reducing doubt that can distract you
- How does it work?
 - Focus on **What's Important Now**
 - Build confidence in 4 ways

Attention is a Limited Resource

- Research shows that people using cell phones while driving are:
 - 2x more likely to miss traffic signals
 - When they do see the traffic signal, reaction time is slower
- Perform your best by focusing your limited attention on the task at hand



"If there is a secret for greater self-control, the science points to one thing: the power of paying attention." -Kelly McGonigal, *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*

Mini-Module: Attention Control and Confidence



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