

### Competitive State Anxiety Inventory-2 (CSAI-2)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Read each statement below and circle the appropriate number of how you how feel right now (1 = not at all, 2 = somewhat, 3 = moderately so, 4 = very much so). Don't spend too long on any one statement.

	Not at All	Somewhat	Moderately So	Very Much So
1. I am concerned about this competition.	1	2	3	4
2. I feel nervous.	1	2	3	4
3. I feel at ease.	1	2	3	4
4. I have self-doubts.	1	2	3	4

# COMPETITIVE STATE ANXIETY INVENTORY-2 (CSAI-2)

SPORT SCIENCE  
INSIDER

# Competitive State

**J Dewey**



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