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Situation, Judgment, Response (SJR) Model

"In between stimulus (e.g., the situation) and response, there's a space, and in this space there's a choice." - Dr. Viktor Frankl

Situation. Anytime there is a stimulating thought, emotion, or event, it could be a bad lift, a good lift, a bad or good score on an exam - this is what we call, "situations." Situations stimulate our thoughts and emotions and catch our attention.

Judgments. Judgments are our reactions to situations. When we are dealt with a situation we make meaning out of it. This is where we either interpret the situation as positive or negative based on how we see the world and how we see the situation. For example, let's say we get two red lights on a lift.

- a. What typically happens in this judgment phase regarding experiencing two red lights on your squat or clean and jerk? First off - it is our judgment that determines if the lift is bad or not. The situation is perceived and judged by the mind. We may immediately say: "You idiot, you'll never lift that weight! Now you must get the next one!" Our judgment happens based on the event that just happened with the lift.
- b. What happens when the situation is interpreted as good? Let's say you hit a squat PR in competition, and you become extremely proud of yourself. You say: "Wow, this is my best squat ever. Now if I can do the same thing on bench... but what if I miss it? Did use too much energy squatting? Wait, what if I mess this up? What will happen next?"

These are the stories and the judgments that follow. Based on our judgments of a situation will lead us right into the Response "R" - that comes next.

Response. The response phase is how the body reacts and the behaviors that follow. When you are feeling stressed because of the judgment (or stories) that you create, then our muscles will start to tense up and/or we get "inside our head". Notice what happens when you have a negative judgment based on a situation. The body often tenses up, breathing pattern changes, and anger and frustration are surfacing to a conscious level. Some may experience more apathy, which basically means giving up because of the hopelessness you feel. You might not feel anything at all or experience anything from the bad lift because you numb yourself. These are typically, what responses we have when we have this type of judgment or reaction from the situation of a bad shot.



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Now it's your turn. Think of a situation where you can practice a SJR sequence. Pick any scenario that caused you to have emotional response.

What was the **Situation**?

What **Judgments** did you have when this situation occurred?

What was your **Response** when you had these judgments?



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THE IDEAL SJR

If the same situation happened, what **Judgment** could you have that would lead to a more ideal Response?

If you had this type of Judgment, what would your Ideal **Response** be?

The mind can change the perception (our judgment) of an event or situation. If you train the mind, you can change your reactions to a situation by creating space and increasing awareness of not jumping into negative judgments but to respond more appropriately as objectively as possible. This entire training of SJR is a process. For example, you don't get stronger by doing one great workout, right? You might get sore and begin the process of building muscles, but you won't get strong after one session. It's the same thing with anything related to your mental training.