THOMAS WALKER CONSULTING

PSYCHOLOGICAL RESILIENCE · REFLECTION TOOL

The 4Cs of Mental Toughness

One recognised framework for reflecting on responses to pressure.

Control

The ability to regulate emotions and maintain a sense of autonomy in challenging situations.

Life control
"I can influence my decisions and actions, within realistic limits."

Emotional control
"I can recognise and regulate my own emotional responses."

Commitment

Staying focused and following through on goals despite obstacles.

Goal setting
"I promise to do it — I like working on my goals."

Achieving
"I keep going — reviewing goals, adjusting plans and seeking support when needed."

Confidence

A belief in one's own abilities and the capacity to influence others.

Interpersonal confidence
"I can influence others as much as they influence me."

Abilities
"I believe I have the ability, or I can acquire it."

Challenge

Recognising possible learning opportunities in difficulty, while assessing genuine risks.

Learning from experience
"Even setbacks are opportunities for learning."

Considered risk and willingness to try
"I'm willing to try new things once I've weighed up the risks."

Use it to reflect, not to label. Relevant skills and responses can be practised; experiences and outcomes vary. Works best alongside well-designed work, good leadership and support. Statements are illustrative reflection prompts, not assessment items.

Original 4Cs model: Clough, Earle & Sewell (2002), in I. Cockerill (Ed.), *Solutions in Sport Psychology*, Thomson. Subdimensions (e.g., life and emotional control) come from later work: Strycharczyk & Clough (2015), *Developing Mental Toughness* (2nd ed.), Kogan Page. Not a diagnostic or psychometric assessment. TWC evidence-informed educational resource · Reviewed October 2026.