

MODULE 4

What to Do With Emotions

*Part of the Master Your Golf Brain System
Powered by My Mental Caddy™*

Introduction

Okay, so now you know your preferred state — that place where you play your best golf.

Maybe it's calm. Maybe it's certain. Maybe it's confident.

But here's the question:

What happens when you're NOT in that state?

Because let's be real — you're going to feel frustrated. You're going to feel anxious. You're going to feel disappointed.

So what do you do with those emotions?

That's what most golfers don't know. And that's what keeps them from staying in their preferred state for more than a few holes.

Emotions Are Going to Show Up

Here's the thing: emotions are going to show up.

You can't avoid them. You can't prevent them. They're part of being human.

The question is: what do you do with them when they show up?

Most of us have never been taught how to deal with emotions. So we do one of four things:

The Four Ways to Deal with Emotions

1. Avoid

This is when you sign up for a tournament... and then magically find a reason not to go.

You don't want to feel disappointed or embarrassed, so you just avoid the situation entirely.

Or maybe you're on the course and you have a choice: hit the shot over water or lay up. And you lay up — not because it's the smart play, but because you don't want to feel the embarrassment if you hit it in the water.

That's avoiding the emotion.

2. React

This is when you have the emotion and you throw a club, scream, yell at people. You just let it out without any filter.

Younger kids are really good at this. Their brain hasn't evolved enough to help them manage it yet.

Reacting is one way of dealing with an emotion — it's just not a very productive one.

And here's the thing: when you react to an emotion, it doesn't go away. It just gets louder. And now you're stuck in it for three holes.

3. Resist

This is like keeping a beach ball under water. You're pushing it down. You're not allowing it to happen. You're keeping it from showing up.

"I'm not frustrated. I'm fine. I'm totally fine."

And just like keeping a beach ball under water, eventually it's going to explode and come out.

It's like shoving stuff in the closet and trying not to look at it. We resist it, keep it from showing up, and then when we open the closet door, it all comes out.

Most golfers resist emotions. They try to push them down, ignore them, pretend they're not there. And then they wonder why they're still feeling angry three holes later.

4. Allow / Process

This is the one we want.

This is where we actually let the emotion be there and process it.

Emotions are energy. They don't just disappear if you shove them down. They move through you — or they get stuck.

When you actually let an emotion be there — when you don't fight it, when you don't judge yourself for it, when you just let it be — **it moves through you pretty quickly.**

Way faster than when you fight it.

Now, I'm not talking about wallowing in it. I'm not talking about letting it take over your round.

I'm talking about acknowledging it. Feeling it in your body. And then letting it pass.

Like this: "Okay, I'm frustrated right now. That's fine. I can feel that. It's just frustration. It doesn't mean anything about me or my game. It's just here. And it'll pass."

And then you let it pass.

That's allowing an emotion.

Which One Are You Doing?

Now, I want you to think about the emotions you have on the golf course — the ones that pull you out of your preferred state.

Which of these four things do you tend to do?

- Are you avoiding certain situations because you don't want to feel embarrassed?
- Are you reacting — letting your frustration take over for three holes?
- Are you resisting — trying to push down the anxiety and pretend it's not there?
- Or are you allowing it — letting it be there, letting it move through you?

Most of us do some combination of the first three. And that's why we stay stuck in emotions longer than we need to.

Here's Something Else That's Important to Understand

Most fear on the golf course isn't about the shot.

It's about the emotion you think you're going to feel.

Fear of embarrassment. Fear of failure. Fear of disappointment. Fear of letting someone down.

Those are all fears of emotions.

Think about it. When you're standing over a shot and you're nervous, what are you actually afraid of?

You're not afraid of the ball. You're not afraid of the club.

You're afraid of how you're going to feel if you hit it in the water. You're afraid of the embarrassment. The disappointment. The frustration.

You're afraid of the emotion.

And when we can get to the point where we can allow emotions to be there — where we don't make them a big thing — that fear starts to subside.

Because the emotion itself isn't the problem. It's just a vibration in your body. **It's what we make it mean that creates the fear.**

Start Noticing

So here's what I want you to start noticing:

When an emotion shows up on the golf course — or even in your everyday life — what do you do with it?

- Do you avoid situations where you might feel it?
- Do you react and let it take over?
- Do you resist and try to push it down?
- Or do you allow it — let it be there, let it move through you?

Because here's the truth: you're going to feel emotions on the golf course.

Frustration is going to show up. Anxiety is going to show up. Disappointment is going to show up.

That's not the problem.

The problem is what you do with them.

If you avoid, react, or resist, you're going to stay stuck in those emotions. You're going to hit shots from frustration, from anxiety, from doubt.

But if you allow them — if you let them be there without making them a big thing — they'll move through you. And you can get back to your preferred state.

Back to calm. Back to certain. Back to confident.

And that's how you hit more shots from your preferred state.

That's how you play to your potential.

Key Takeaway

Emotions are going to show up. That's not a problem.

The problem is what you do with them.

Don't avoid them. Don't react to them. Don't resist them.

Allow them. Let them move through you.

Action Step

Next time you play — or even just in your everyday life this week — notice what you do with emotions.

When something doesn't go your way:

- Do you avoid it? (Skip the situation entirely?)
- Do you react to it? (Let it take over?)
- Do you resist it? (Try to push it down?)
- Or do you allow it? (Let it be there without making it a big thing?)

Just notice. Don't judge yourself for it.

This is awareness.

The more you can see what you're doing, the more you can start to shift it.

And awareness is always the first step.

Continue to Module 5: Control What You Can