

## **MODULE 6**

# **STEAR — The Framework**

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

## Introduction

I'm going to teach you a framework that's going to help you sort out the results you're getting, the things you're doing, and the thoughts and feelings you have on the golf course.

It's always available for you to use as a tool to help you guide your brain.

**I use this framework every single day.**

Whenever I have a problem, whenever I'm having thoughts I don't like, whenever I'm doing things or getting results over and over that I don't want — I use this tool to help me sort it out and decide what I want to think and what I want to do.

I'm going to show you exactly how to do that.

## What Is STEAR?

I use an acronym called **STEAR** — S-T-E-A-R.

I know it's not spelled properly, but it's very useful when we're talking about golf because we steer it around the golf course, right?

Let me walk you through what each one stands for.

## S = SITUATION

**A situation is a circumstance or a fact.**

It's something that 7 billion people on the planet would agree with us on. It's something we could prove in a court of law.

And here's the important part: **it's neutral. It's neither good nor bad.**

Examples of situations:

- Your ball's in a divot
- You have an 8 o'clock tee time
- You're playing with Billy, Betty, and Bob
- It's raining
- The first nine holes took three hours
- There are two groups on the tee box
- Your ball's in the bunker

- You have a 100-yard shot over water

Those are all facts and situations. They're totally neutral. They're neither good nor bad until we have a thought about them.

## **T = THOUGHT**

So we have a situation, and then we have a thought about it.

Our brain offers up about 60,000 thoughts a day. We only hear a small percentage of them, and we get to decide whatever we want to think.

**Thoughts are optional.**

Your brain is going to offer up a lot of thoughts to you, and we have to decide if we want to think that thought or not.

## **E = EMOTION**

We have a situation. We have a thought about it.

**That thought creates an emotion in our body.**

Thoughts stir up neurochemicals that translate down to our body and show up as vibrations — also known as emotions.

The easiest thing to connect with this is first-tee jitters. You stand on the first hole and your hands might shake a little bit. Your heart might palpitate. Your palms might sweat.

**That's an emotion showing up in your body.**

If you've had a lot of anger on the golf course, you know that's going to feel really tight — maybe in your neck, your jaw, your shoulders.

**It's important to know that those thoughts are creating your emotions.**

## **A = ACTION**

**It's those emotions that drive all the things we do and don't do — what I call actions.**

Once we have an emotion, that's driving all of our actions.

## **R = RESULT**

**And it's those actions that produce our results.**

## **The Key Insight**

Here's what you need to know about this framework:

**Your thoughts are always going to show up down in your result line somehow, some way.**

It's either going to be directly correlated to it, it's going to be an opposite of it, or it's just going to give more proof and evidence to your results.

**Most of the time, where we get stuck or where we lose control in our life and on the golf course is that we think situations are what drive our emotions.**

And when that happens, we give away so much of our power on the golf course. We feel out of control.

We say things like:

- "My ball's in a divot and I'm mad."
- "I have a 100-yard shot over water and I'm nervous."
- "There are people watching me and I'm anxious."
- "I made a double bogey and I'm ticked off."

**But it is never the case.**

**There is always a thought in between that situation and your emotion.**

## **Taking Back Your Power**

**The most powerful thing that ever happened for me was the minute I knew that my thoughts were creating my emotions — and I could think whatever I wanted — I took back so much more power and control over my life and the way I was getting results in my golf game.**

In between any situation and an emotion is a thought.

And that's what we're going to start to get very curious about and notice how they're showing up for us on the golf course.

## **Let Me Give You a Simple Example**

**Situation: Your ball is in a divot.**

**Thought #1: "This is so unfair. I hit a good shot and now I'm being punished."**

- Emotion: Frustration, anger
- Action: Tense up, grip the club harder, swing fast
- Result: Poor contact, worse outcome, proof that "bad things always happen to me"

**Thought #2: "Okay, this is part of golf. I know how to handle this."**

- Emotion: Calm, focused
- Action: Adjust setup, commit to the shot, swing with tempo
- Result: Clean contact, better outcome, proof that "I can handle anything the course throws at me"

**Same situation. Two completely different results.**

**The only thing that changed was the thought.**

## **This Is Where Your Power Is**

Not in controlling the divot. Not in controlling the weather or the people or the bounces.

**Your power is in controlling your thoughts about all of those things.**

And when you can see that — when you can really understand that your thoughts are creating your emotions, not the situation — everything shifts.

Because now you're not a victim of the golf course. You're not at the effect of what happens out there.

**You're guiding your brain. You're choosing your thoughts.**

And when you do that, you can stay in your preferred state longer. You can get back to calm, certain, or confident faster.

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

**That's how you play to your potential.**

## **Key Takeaway**

**Situations don't create your emotions. Thoughts do.**

**And thoughts are optional. You get to choose what you think.**

This is the framework you're going to use over and over again.

Whenever you're stuck, whenever you're getting results you don't want, whenever you're feeling emotions that aren't serving you — come back to STEAR.

What's the situation? What am I thinking about it? What emotion is that creating? What am I doing because of that emotion? And what result is that giving me?

Once you can see that clearly, you can change it.

**And that's what we're building together — the ability to guide your brain so you can take all of your talent out onto the golf course.**

## **Action Step**

Next time you play, pick one moment where you felt frustrated, anxious, or disappointed.

Then run it through STEAR:

**S — What was the situation? (Just the facts — ball in divot, missed putt, bad bounce)**

**T — What was I thinking? (This is unfair, I can't believe I missed that, I always do this)**

**E — What emotion did that create? (Frustration, anxiety, disappointment)**

**A — What did I do because of that emotion? (Got tight, rushed the next shot, stopped trusting myself)**

**R — What result did I get? (Another bad shot, proof that "I can't handle pressure")**

Just run through it once. Write it down or think it through in your head.

**This is awareness.**

Once you can see the thought that's creating the emotion, you can start to change it.

And that's the skill we're building.

*Continue to Module 7: What Is Process*