

MODULE 9

Post-Shot Process

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

Introduction

Okay, so now let's talk about what gets in your way after you hit a shot. And let's assume you don't like the shot. You hit it in the bunker, you missed the putt, you pulled it left.

Now what?

Because here's the thing: emotions aren't a problem. It's not a problem to feel frustrated or disappointed or angry.

It's only a problem if it affects your next shot.

If you carry that frustration for three holes, if you're still beating yourself up when you step up to the next tee — that's the problem.

So in this module, we're going to talk about the Big 3 emotions that show up after a shot, the thoughts that create them, and what to do before you hit that next shot so you can get back to your preferred state.

The Big 3 Post-Shot Emotions

There are three main emotions that show up after you hit a shot you don't like:

- Frustration or Anger
- Disappointment
- Shame

Let's break down what creates each one — and what to do about it.

Emotion #1: Frustration or Anger

You hit a shot you don't like, and all of a sudden you're frustrated. You're annoyed. You're angry.

You feel it in your chest, your shoulders, your jaw, even your neck. You might walk a little faster. You might squeeze the club tighter.

And if you play the next shot — or the next three holes — from anger or frustration, it's going to affect your golf.

Now, here's the thing about anger:

Anger usually starts as frustration, and it comes from one of two places:

- Unmet expectations
- Injustice

Unmet Expectations

This is when you think you should have done something, and you didn't.

- "I should have hit that shot."
- "I should hit better shots than that."
- "I shouldn't be making bogeys."
- "I should have hit the fairway."

A lot of shoulds.

We have these big expectations, and when we don't meet them, we get angry.

And here's the thing: **"should" is a thought. It's not a fact.**

Just because you think you should have done something doesn't mean it was realistic. Doesn't mean it was fair. Doesn't mean it was even possible in that moment.

"Should" often creates frustration.

Injustice

This is when you feel like you got wronged in some way.

You got a bad bounce. You got a bad break. Someone said something in the middle of your swing. Someone's playing to a handicap that doesn't seem fair or right.

You feel like something unfair happened.

And that leads to annoyance, frustration. And if we don't process it along the way, it leads to anger.

So when you feel frustration or anger after a shot, check your thoughts.

Are you saying "I should have"?

Do you have unmet expectations?

And that could be because your expectations are exceeding reality.

Or are you telling yourself something unfair happened?

Those are the thoughts creating the frustration.

And if you don't shift your thoughts and your story, you're going to carry that frustration for three holes or longer.

Emotion #2: Disappointment

Golf can be disappointing. We kind of signed up for that with this game.

We're going to be disappointed at some point. We're going to have a bounce not go our way. A perfect putt that lips out.

That's not a problem.

It's only a problem if it affects your next shot.

Disappointment often sounds like this:

- "I always miss that shot."
- "I did it again."
- "I can't do anything right today."

Notice the pattern?

"Always." "Again." "Can't."

Those thoughts make it feel like this is a permanent problem. Like you're never going to get better. Like you're stuck.

And that creates disappointment.

Emotion #3: Shame

Now, shame is one of those heavy emotions that I encourage you to avoid.

Here's why: it takes a lot of effort to process shame.

A lot of times we need empathy from other people outside of us to help us process shame. And on the golf course, you don't have that.

Shame also attracts other negative emotions. We can get angry. We can feel like a victim. We can have disappointment and despair.

It can go downhill really quickly when we start shaming ourselves.

And shame sounds like this:

- "I suck."
- "I'm not good enough."
- "What's wrong with me?"

Shame is often "I am..." but with blame.

- "I'm an idiot."
- "I'm terrible at this."
- "I'm embarrassing."

It's not about what you did. It's about who you are.

And that's why it's so heavy. That's why it's so hard to process.

So I want you to start being aware anytime you shame yourself on the golf course and minimize it.

Because shame is not useful. It doesn't help you play better. It doesn't help you reset. It just makes you feel worse.

Side note: Anytime you're comparing yourself to someone else on the golf course — "They hit it further than me. They make more birdies than me. I'm not as good of a golfer as them. They're more consistent and confident than I am" — you're shaming yourself.

So look for ways that you compare yourself to other golfers on the golf course.

Your Words Matter

Right. Again: you have over 60,000 thoughts a day. They're all optional. You want to choose wisely.

Let me give you some common post-shot thoughts. See if these resonate with you:

- "I should have hit it closer."
- "I'm an idiot."
- "I suck."
- "That was stupid."
- "What's wrong with me?"
- "Here we go again."

- "I can't hit anything right today."
- "I shouldn't have hit it over there."
- "I just blew it."
- "I'll probably miss the next shot."
- "I'll probably three-putt."
- "I've lost it."
- "I don't know why I'm even here."
- "This is embarrassing."
- "They must think I suck."

Do any of these resonate with you?

Now, I'm not saying you can't say them.

But I want you to know that every single word you say matters.

And if it gets you into a negative state — if it creates frustration, disappointment, or shame — it's going to take more energy for you to get back to calm, certain, or confident before you hit that next shot.

The Post-Shot Process

So here's what we're going to do.

Just like we did in Module 8 with pre-shot, we're going to use Power Thoughts to reset after a shot.

Here's the process:

Step 1: Notice the emotion.

You hit a shot you don't like. You feel frustration. You feel disappointment. You feel shame.

Just notice it.

Don't judge yourself for it. Don't try to push it down.

Just notice. Name the emotion. "I'm feeling frustrated right now."

Step 2: Identify the thought creating it.

This is STEAR.

What am I thinking?

- Am I saying "I should have"?
- Am I saying "I always" or "I can't"?
- Am I saying "I suck" or "I'm not good enough"?

Notice the thought.

Step 3: Allow the emotion.

Remember from Module 4: don't avoid it, don't react to it, don't resist it. Allow it.

Let it be there. Let it move through you.

This biologically takes 60 to 90 seconds if you actually allow it.

You're not wallowing in it. You're not dwelling on it. You're just letting it be there without making it a big thing.

"Okay, I'm frustrated. 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."

Let it pass.

Step 4: Choose a Power Thought or a new thought.

Once you've allowed the emotion, now you choose a different thought.

If you keep repeating that same thought that created that emotion, you're just going to keep repeating the same emotion over and over again.

If you say "I suck" and you feel shame and disappointment and embarrassment, and then you move through that emotion and you say "I suck" again, the process starts all over.

So go to the app and find the 120 Power Thoughts list. Look at the section called "After a Shot."

Here are some Power Thoughts you can use after a shot:

- "Next shot."
- "That's golf."
- "Reset now."
- "Every shot is new."
- "I am still in control."

- "What's my next best move?"
- "This doesn't define me."
- "That's behind me."
- "Stay in the game."
- "I've handled worse."
- "I know what to do."
- "It's one stroke."
- "Mistakes happen."

Pick 2-3 of these that feel natural to you. Make your own.

Write them down. Put them on a card in your golf bag.

These become your go-to thoughts after a bad shot.

And writing them down in your golf bag is a big deal because in the moment you're not going to remember that Power Thought. You're going to be in the back part of your brain and you're not going to be able to access it, and you're going to want to go into your golf bag and look at it to remember the thoughts that you want to think when you're on the golf course.

So write them down on an old scorecard, an extra scorecard, an index card — something that won't crinkle when you pull it out of your bag.

Step 5: Get back to your preferred state.

You've noticed the emotion. You've identified the thought. You've allowed the emotion. You've chosen a Power Thought.

Now you're back to calm, certain, or confident. Or neutral or hopeful. Those also work.

And now you're ready to hit that next shot.

Putting It All Together

Here's what this looks like on the golf course:

You hit a shot you don't like. You feel frustration.

Step 1: Notice the emotion. "I'm feeling frustrated."

Step 2: Identify the thought. "I'm thinking I should have hit a better shot."

Step 3: Allow the emotion. "Okay, I'm frustrated. That's fine. I can feel that. I'm going to give myself 60 to 90 seconds."

Step 4: Choose a Power Thought that resonates with you. "Next shot." "I will deal with this later." "What's my next best move?" Something that resonates with you.

Step 5: Get back to your preferred state. You're calm. You're focused. You're ready. You're neutral. And now you get to hit that next shot.

This Is the 60-90 Second Reset

This is what we've been talking about.

When you actually allow an emotion — when you don't fight it, when you don't push it down, when you just let it be there — it moves through you quickly.

60 to 90 seconds. That's it.

But most golfers don't do this. They avoid it. They react to it. They resist it.

And then they carry it with them for more shots and more holes.

Don't let that be you.

Notice the emotion. Allow it. Choose a Power Thought. Reset.

That's your post-shot process.

Key Takeaway

The Big 3 emotions that show up after a shot are frustration/anger, disappointment, and shame.

Are there more? For sure. But these are the big three.

They come from specific thoughts: "I should have," "I always," "I can't," "I suck," "I'm not good enough."

And you can choose different thoughts.

So go to the app. Find your Power Thoughts for "After a Shot." Pick 2-3 that feel natural to you.

Write them down. Put them in your bag. And start using them.

Action Step

Go to the app right now and find the 120 Power Thoughts list.

Look at the section called "After a Shot."

Pick 2-3 Power Thoughts that feel most natural to you.

Write them down on a card. Put it in your golf bag.

These become your go-to thoughts after a shot.

Next time you play, use them. Every shot you don't like. Same 2-3 Power Thoughts.

Notice the emotion. Allow it (60-90 seconds). Choose your Power Thought. Reset.

That's your process.

And here's what you'll notice: you're going to carry emotions for way less time. You're going to get back to your preferred state faster.

Because you're guiding your brain instead of letting it guide you.

Continue to Module 10: Pre-Round Process