

# STEAR Worksheet

*Understand What's Happening in Your Head*

## HOW TO USE THIS WORKSHEET

After a round (or during practice), pick one moment where something stood out to you—a thought that caught your attention, an emotion you felt, an action you took, or a result you got. Run it through STEAR to understand what thought created that entire chain—and what you can choose instead.

## WHAT CAUGHT YOUR ATTENTION?

**Describe what you noticed. This could be a situation, a thought, an emotion, an action, or a result:**

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## S = SITUATION

**What happened? (Just the facts—no judgment, no emotion. What would a camera see?)**

Examples: 'My ball was in a divot.' 'I missed a 4-foot putt.' 'I hit it in the bunker.'

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## T = THOUGHT

**What was I thinking about that situation?**

Examples: 'This is so unfair.' 'I always do this.' 'I should have hit that shot.' 'I'm terrible.'

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## E = EMOTION

**What emotion did that thought create?**

Examples: Frustration, anger, disappointment, shame, anxiety, doubt, embarrassment

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## A = ACTION

**What did I do because of that emotion?**

Examples: Got tight, rushed the next shot, stopped trusting myself, played defensive, beat myself up for three holes

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## R = RESULT

**What result did I get?**

Examples: Another bad shot, proof that 'I can't handle pressure,' three more bogeys, ruined my round

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## NOW CHOOSE A DIFFERENT THOUGHT

Same situation. Different thought. What could you think instead that would put you in your preferred state (calm, certain, confident)?

**New Thought:**

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**What emotion would that create?**

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**What action would you take from that emotion?**

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**What result would you likely get?**

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*Use this worksheet after rounds to identify patterns in your thinking. The more you practice STEAR, the faster you'll catch unhelpful thoughts on the course.*