

Carolina  
**GOLF JOURNAL**

*A Golf Lifestyle Magazine*

**FREE**

Vol. 2, No. 5 Autumn 2011



**SPLASH!**

**\$11.4 Million Shot?  
Bill Haas Wins!**

**Grand Dame' of Golf Turns 90  
All The Presidents Men of Golf  
Local Clubs Make Course Changes  
Equipment Reviews and Pro Tips  
Mts. & Sandhills Course Reviews**

sponse is useful on those occasions of real danger. Unfortunately in humans, it responds also to worries about imagined dangers like "what will people think of me?" Worrying is never useful. It handicaps and limits us. The more it triggers the fight-or-flight response with imagined threats, the more it makes you physically aroused and tense, not a good thing for a game where calm and relaxed are the desired conditions. The fight-or-flight response also prevents clear thinking or a clear head, both of which are essential to playing good golf.

**Anger.** The other damaging emotion is anger. It might be good to be angry when you need energy to fight or if the anger is channeled into a solution. It is not a good emotion; however, if you are in a situation where remaining calm and focused is the order of the day. Do you easily

get angry at yourself after having just missed an easy putt? Or at one of your foursome who keeps making comments ad nauseam? Get rid of the anger. Talk your way out of it, to yourself. These are the times that you do want to think, to be rational, making sure that conversation in your head is productive and corrective. Getting angry? OK. Acknowledge that to yourself and then forget about it. The fastest way to rid you of anger is to smile. You cannot be angry while you are smiling. Don't believe me? Try it the next time you are. You will surprise yourself.

#### ***Playing with Hesitation***

Here is the main point of this article on fear and emotion. Ultimately, playing with fear causes you to play hesitantly. It can create doubt about your abilities. You begin to question your golf competency that is built on lots of practice and earlier success. Once

fear triggers these feelings and emotions, the loss of confidence quickly follows. And without confidence, you might as well hang up your clubs. Your game is going nowhere.

Are you feeding your fears by remembering times when you did fail (we all do at times), or are you optimistically focusing on your many successes to bolster your confidence? The choice is yours; it is ultimately up to you.

Fear and lack of confidence will make you hesitate before every decision and every shot you take. You find yourself second-guessing what you want to do and how best to do it. Anyone who has ever played golf knows that playing well is all about letting go, letting 'er rip. That can't happen if you are afraid to hit, if you worry or get angry. You can't play without emotion and you can't play with it, not with the wrong emotion.



**PERFORM AT YOUR BEST**  
*when it matters the most.*  
MENTAL SKILLS FOR GOLF AND LIFE

**APEX**  
PERFORMANCE  
*The Edge in Excellence*

TECHNOLOGY TO DEVELOP THE MIND FOR PEAK PERFORMANCE  
704.831.5614 ApexPerform.com