



7 STEPS TO MOVING PAST DIFFICULT EMOTIONS GUIDE

Print this sheet and use this guide when needed

Step #1: Be in the emotion

Remember they are just chemicals and it won't last. The emotion will pass so just identify the emotion and be "angry" or "frustrated"

Step #2: Become an observer

While you are feeling the emotion become an observer, look at yourself and observe what is happening in your body (sweaty, heart pounding, etc).

Look at yourself and see it then use self talk and say "that's interesting" and "so what" and rise above it because you can't control it.

Step #3: Do the mental work

a. Ask yourself **what created this feeling** and **what do I need to learn from this?**

Journal what you would do differently next time.

b. Then ask, "**what am I gonna do about it?**" or "**what's my plan to correct this?**"

Maybe it is to work on a particular skill at training or improve fitness. Declare that you'll correct whatever it is.

c. **Make a declaration**

Communicate to yourself that you have got it under control and that you can handle it (build confidence) and then the chemicals will go away.

Use affirmations to reassure yourself. Remember that what we think is not always reality so write down your fears and concerns, then set some time aside to bring that emotion to release it by screaming, playing loud music, etc.

Declare that you are have dealt with that emotion.



Step #4: Give yourself relief thoughts

You could say things such as:

"Well at least it wasn't an important game" or

"At least I have learn't from this experience"

"Every dark cloud has a silver lining"

"I am grateful for" (remember your grateful list)

Step #5: Pay attention to your breathing

Bring your breathing to your attention by taking slow, steady, deep belly breathes - this will help to move the chemicals

Step #6: Bring in sound

Listening to music or talking to someone will cause a vibration through your body which will send the chemicals back to where they came from and help you to relax.

Putting on your favorite music can make you feel good and that is the key - do something that makes you feel good!

Step #7: Turn your experience into a positive perspective

When things are not going well it's easy to focus on that, so try to think about how this could be a good thing even if it's not easy to see now.

For example you could say something like:

"I am glad that happened now because I've learn't what not to do"

Think about long term and try to see the bigger picture. It may help to ask yourself:

"How important will this be to me in 5 years from now?"

Remember: Use your mistakes as feedback and things to work on in order to improve.

Continue onto the next page for a 1 minute timeout exercise...



ONE MINUTE TIME-OUTS:

One minute time-outs are a great way to intentionally communicate with your unconscious mind and tell it what you want.

You could do this throughout the day or even in breaks within a game if you wish.

A great way to start is to use a light switch to turn the light off to awaken your unconscious mind of your intention to communicate. You can use an imaginary one in your mind.

Count down from 5, 4, 3, 2, 1.

Imagine walking down a staircase which leads to the basement of your mind. Imagine this to be your favourite place such as a holiday destination, on a beach or an open space.

Use familiar feelings such as imagining the comfort of your bed or relaxed on a sun lounger.

Think about the positive emotion that you want to create, making sure it is the positive version and it is in the present tense so for example you could start with:

"I am ..."

"I feel great when I"

"I love..."

Make sure you write these down before you start the process so you can go straight into it.

Then bring yourself back to conscious level by counting back from 1,2,3,4,5 and put the light switch back on.

Stick with one thing until you have got it and you get bored with it.