

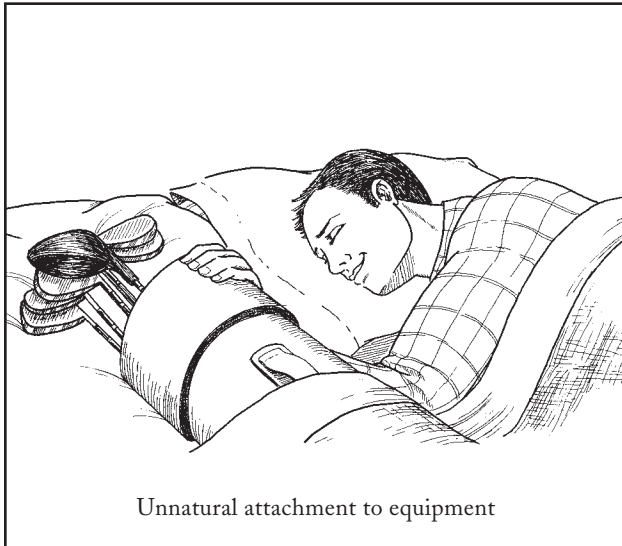
HOW TO CURE A GOLF ADDICTION

1

Examine your behavior.

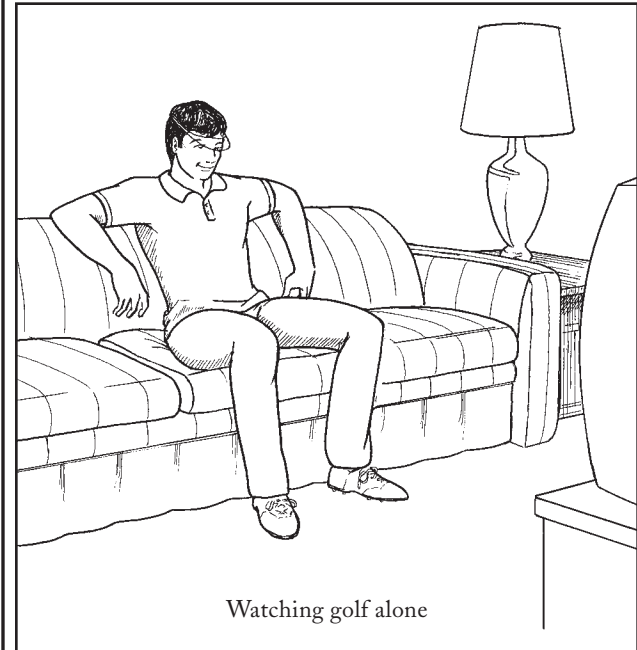
A golf addict is a person whose life is controlled by golf. You may think you have a problem with golf, but still not think that you are an addict. Ask yourself these questions. The total number of questions that you answer “yes” to is not as important as how you honestly feel about yourself as you answer these questions:

- Do you golf regularly? Do you feel empty inside if you cannot golf at your usual time?
- Do you ever golf alone, or watch golf alone?



Unnatural attachment to equipment

- Have you ever substituted one club for another, thinking that one particular club was the problem?
- Have you ever cheated to obtain a better score?
- Have you ever lied to get into a golf course of which you were not a member?
- Has your job, family life, or school performance ever suffered from the effects of golf?
- Have you ever been arrested as a result of golf?
- Have you ever lied about the fact that you are playing, or about how much you play?
- Do you put the purchase of golf equipment ahead of your other financial responsibilities?

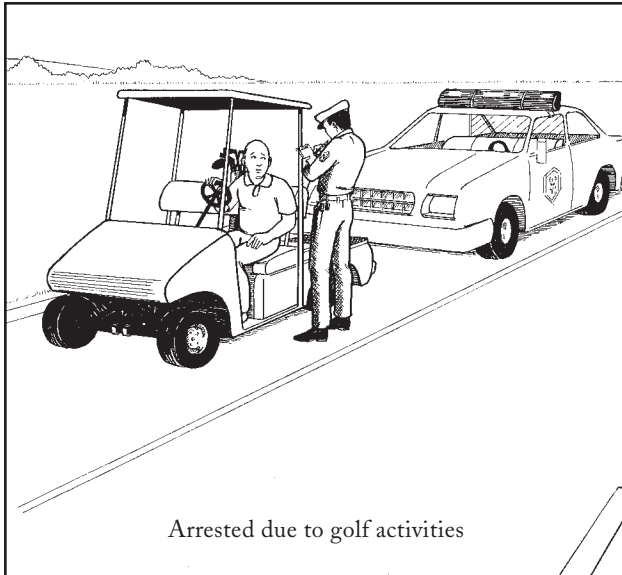


Watching golf alone

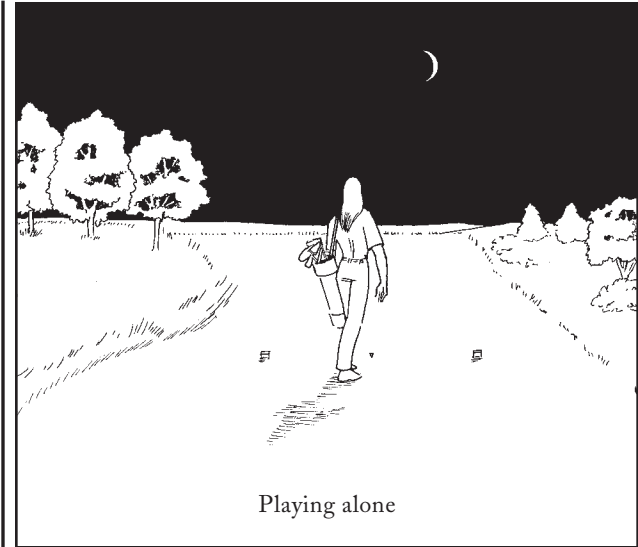
- Have you ever suffered a golf-related injury?
- Do you continue to golf despite the fact that you are never satisfied with your performance?
- Does golf interfere with your sleeping or eating?
- Does the thought of not being able to play golf terrify you?
- Do you feel it is impossible for you to live without golf?

2 Admit that you have a problem, and that you need help.

You are not responsible for your disease—but you are responsible for your recovery. You can no longer blame people, places, and courses for your addiction.



Arrested due to golf activities



Playing alone

3 Admit to one other person that you have a problem.

This person will help you wean yourself off the game. This person should not be a regular in your foursome.

4 Reduce the amount of golf you play.

Going cold turkey may be difficult—first, reduce by half the number of times you play a week. Then cut that amount in half the following week, and so on. Replace golf with other activities to take your mind off the withdrawal you may experience. Make it a point to play other sports, go to the movies with your family, and watch alternate programming on Sunday afternoons.

5 Make direct amends to everyone you have harmed physically or emotionally as a result of your addiction.

This will help you to “own” your disease, and also allow others to help you when you need it.

6 Watch yourself carefully—and be willing to forgive a relapse.

Many addicts relapse at some point during recovery. If you fall back into your old ways, admit it to yourself first, then to others who can assist you in finding your way again.

7 Do not be afraid to ask for help when you need it.

Your golf pro may be able to direct you to others who have been through what you are dealing with. Form a support group. Therapists may also give you perspective. (Note: Sports therapy is physical therapy, not mental therapy.)

8 Remember that no one is perfect.

Seek the ability to change the things you can, and to accept the things you cannot change. Realize that you may never be able to play golf again without risk of a relapse. There is more to life than golf. But then again, relapses can always be cured.

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