

HOW TO STOP THINKING ABOUT A HORRIBLE SHOT

1 Express your displeasure.

It is important to express your anger or frustration with your bad shot so that you can let it go—just be sure to do so responsibly. Vent in a tactful way, in a manner that will not do damage to the golf course, your equipment, or another player.

2 Praise yourself for what you did right—and for the good shots you have had.

It is important to recognize your abilities. Pat yourself on the back. Do not get carried away, however; too much self-praise can lead to overconfidence.

3 Try to relax.

Breathe from the abdomen, in through the nose and out through the mouth.

4 Accept the fact that you will hit a few bad shots in any round.

If you know—but do not fixate on the fact—that you will hit a few bad shots during your round, your anticipation will replace your frustration. Create a checklist in your mind that includes potentially good and bad drives, approach shots, and putts. When you make one of your bad shots, simply check it off of your list and be glad it is gone.

5 Know that you cannot change the past, you can only alter the future.

There is no point in looking back to what was because there is nothing you can do about it.

6 Concentrate on your shots one at a time.

Each shot requires your focused attention based on the factors that are present at that moment.

7 Find your zone.

Learn to find that place where you feel empty just before you swing the club and let your shot happen.

8 Hit your next shot with confidence.