

Negativity

No one really thinks of themselves as a negative person.

But many of us are seeping with subtle negativity and blaming it on something outside of ourselves.

We say things we don't even realize we're saying:

That won't work

I don't like that

It's too hard

That's impossible

I've never hit this green

No

Not yet

I'm too busy

I don't have enough time

I'm exhausted

The greens suck

It's a shit show

I hate this hole

She's annoying

I should

She should

He hurt my feelings

She's dumb

These subtle comments and thoughts create unnecessary negativity in our emotional lives.

It creates negative emotion.

We make a judgement or a criticism, and we think we are just making an observation.

We think the thing is true. Or the thing is negative, and we are just stating the obvious.

But we aren't.

Nothing is negative until we state it as so.

And even with things we want to see as negative, we can still state and focus on their opposite without changing our stance.

For example, instead of talking about how much we don't like something, we can talk about how much we like its opposite.

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We can focus on not liking chocolate, or we can focus on liking vanilla. We can focus on what we don't want, or what we do want.

Resisting something is not the same as being for something. One includes negativity, and one includes positivity.

You can focus on the course conditions you don't like, or you can spend your time thinking about the parts of the course you do like. Subtle change changes everything.

Any time you complain, you are indulging in negativity. Research shows that most people complain once a minute during a conversation.

We are all tempted to justify the problem and explain the problem- which is actually quite useless.

When we focus on talking about the solution, we engage another part of the brain that is creative and wise, and release the primitive danger seeking part of our brain.

It's important to remember that the brain is always scanning for evidence of what it believes.

If it believes that the world is bad, it will see the bad. If it believes it is good, it will find the good. This is true in people, days, golf games, and even entire lives. So first, you must be super aware of what you are scanning for.

To really discover any hidden negativity is to look at the results in your life. All "negative" results come from negative thinking.

It may be just a hint of negativity creating a small result, but it's all worth looking into changing.

Negativity

Worksheet

- 1 What do you think is negative in the world, your golf game or in your life? Make a list.

- 2 What is the evidence that you seek and find for this thinking? List it here.

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Worksheet

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Now, write the opposite of this thought, and find an equal amount of evidence for the positivity, the solution, an alternate opinion about the exact same thing. If you think a part of your game or life is bad, explain how that exact same part of your game or life is also good.

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How would you define yourself? as a positive person or a negative person? Now ask a few people in your life how they think of you. Ask them in what areas you are more positive than others. Write what they say below.

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Worksheet

- 5 Reflect on these insights. Are there areas where you could be more positive? Do you need to train your brain to look for more positivity in specific areas? What are those areas?

- 6 If you change what your brain is scanning for in these areas, how do you imagine your emotions will change? Explain.
