CONTROL YOUR THOUGHTS...
CONTROL YOUR FUTURE!

Part 1

Learn the Relationship between Thoughts, Emotions, Behaviors, & Outcomes

Drill designed by Ryzer Mindset
Which of these apply to you?

● Passionate about your interests and sport(s)
● Sometimes feel afraid or nervous before or during practice/games
● Emotions affect your performance from time to time
● Don’t always understand the feelings you have
● Sometimes feel overly excited before or during practice/games
● Don’t have total control over your emotions
Overview

Today's Activity Outcomes:

- Understand the connection between thinking, emotions, behaviors & results
- Learn that how you interpret situations, controls your thoughts that control your mindset and outcomes.
- Learn a technique to combat negative thinking.

Why is this Drill Important?

- How you interpret situations is critically important to your overall performance and success.
- This Drill Will Help Increase Your: GRIT • MENTAL TOUGHNESS
Where do emotions come from?

Many people think that emotions come from within the body.
For instance, love is associated with the heart. Physical or body reactions are often described when talking about emotions, such as saying someone is ‘hot under the collar’ when pointing out that they are angry.
Emotions

- Other people think that emotions stem from situations.
- For example, if a lion jumps out in front of a person, they instantly experience fear.
- Both of these conceptualizations assume that emotions occur spontaneously and automatically, without involving other parts of the brain or thinking.
The views that emotions come from particular body parts or specific situations do not explain the whole picture and don't hold up very well under scientific study. These views also assume that you cannot really control your emotions.

A major point of this drill is to help you understand the connection between thinking and the emotions you feel.
Consider This

Your team is facing its biggest game of the season this coming weekend. People have been talking about it all week. The situation is nearly identical for every person on the team.

Yet there is a wide range of emotional reactions. Some athletes are very nervous and scared. Others are excited and pumped up.
Same Situation Different Emotions

Is this because the athletes had different bodily responses to the situation?
Same Situation Different Emotions

The answer is no. In both cases, the athletes experienced physical symptoms such as increased breathing, heart rate and alertness.

**IF SO, Then why did one group experience fear and anxiety while the other group experienced excitement and elation?**

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Why Different Emotions?

- The situation is similar for everyone on the team but the emotions each athlete experienced are different.
- The reason is that each person interpreted the situation differently.
- These INTERPRETIVE THOUGHTS are what lead to EMOTIONS and ultimately also BEHAVIORS & RESULTS.
Why Different Emotions?

If people **think differently** about a **situation**, they will experience **different emotions** and **behave differently**. Just like the athletes facing the big game.
Please Pay Attention for a Very Important Point
The Way You Interpret Situations...

(otherwise known as “Your Thoughts”)
...is the Most Important Thing in your Life.
Because Your Thoughts Control YOUR FUTURE!
Recall from Earlier

Controlling how we interpret Situations (our Thoughts) controls everything else!
Thinking and Emotions

You feel what you think.

If you think negative thoughts, you will feel negative emotions and that leads to bad outcomes!
Thought → Emotion is the most critical step in the sequence, and the one step where one can control and shape the sequence, but only by making a concerted effort to do so.
3 Types of Thoughts

NEUTRAL Thoughts “I think I will go shopping”

POSITIVE Thoughts “I am good at basketball”

NEGATIVE Thoughts “I am a failure”
How Can You Shape Your Thoughts?
Your Thought Filter

What the heck is a thought filter you say?
Your Thought Filter

Situational Event

Experiences

Beliefs

Interpretative Thought
Thought Filter Barriers

**EXPERIENCES** - Previous NEGATIVE or UNHELPFUL experiences can negatively shape your thinking

**BELIEFS** - Any NEGATIVE or UNHELPFUL beliefs can negatively shape your thinking

Awareness of These Filters is Important to Emotional Control
Consider This

- The season is about to start and Hayden is a returning player on the team.
- Hayden did not get much playing time last year.
- All of the returning players played more than Hayden last year, and there are some new players this year that are supposedly pretty good.
- Hayden spent a lot of time and effort on practice and improving in the off-season.
Hayden’s Thought Filter Challenges

EXPERIENCE - Not playing much last year was a highly negative experience for me.

BELIEF - I am not that good of a player when compared to the others on the team.
Today, Hayden practiced especially hard, out-hustling almost every teammate the whole time. In fact, one player even joked that Hayden must have had an energy drink before practice. Not only did Hayden practice hard, but Hayden also executed very well so it was a really good practice overall for Hayden.
However, Coach never seemed to take notice of Hayden during practice. Coach spent almost the whole practice working with another athlete.
THOUGHTS
How might Hayden interpret the situation and think about it?

EMOTIONS
What feelings might get triggered from Hayden’s thoughts?
Hayden had a good practice with 100% effort and strong execution. Coach ignored Hayden and focused on another player. "Coach isn't worried about me because I won't be playing much anyways." "I don't deserve Coach's attention because I am no good." Because of Hayden's behaviors, Coach provides very little playing time despite Hayden's vast improvement from last year.

Hayden's Thoughts

Situation

Thought

The situation is interpreted

"Coach isn't worried about me because I won't be playing much anyways."

"I don't deserve Coach's attention because I am no good."

Emotion

A feeling occurs as a result of the situation

FRUSTRATION

ANGER

HOPELESSNESS

SADNESS

Behavior

An action in response to the emotion

More hesitant and cautious in playing style

Poor body language

Bad attitude

Outcome

The result of the behavior
How Might Different Interpretive Thoughts Help Hayden?
What if Hayden Had Responded Differently?

THOUGHTS
What POSITIVE way could Hayden interpret the situation and think about it?

“I wish Coach would have said something about my strong practice”

“I’m happy with how I practiced today which makes me excited for the upcoming season, maybe Coach noticed but just didn’t say anything”

“Coach spent time with other player because of need. I’m glad Coach is helping my teammate, that will help our team.”
What if Hayden Had Responded Differently?

**EMOTIONS**

*What feelings might get triggered from Hayden’s thoughts?*

Somewhat **DISAPPOINTED** (this is realistic) but also **HAPPY & EXCITED** about the future

**EMPATHETIC** and **GLAD**
Hayden had a good practice with 100% effort and strong execution. Coach ignored Hayden and focused on another player.

“I'm happy with how I practiced today and excited for the upcoming season. Maybe coach noticed but didn't say anything.”

“Coach spent time with another player because of need. I'm glad that will help out team.”

Because of Hayden's improvement and positive attitude, Coach provides more playing time and Hayden becomes an important contributor to the team's success.
See how our **THOUGHTS** in how we interpret **SITUATIONS** makes all the Difference?
LESSON TO BE LEARNED:
Interpreting Situations in a POSITIVE Manner result in...

A POSITIVE FUTURE!
Let’s now consider HOW to combat negative thinking
Negative Thoughts

1. CANNOT BE AVOIDED!
2. USUALLY JUST POP INTO YOUR HEAD

BUT....They can be Overcome
How to Deal with Negative Thoughts

2 Step Process

1. Acknowledge it
2. Flush it away
Step 1: **Acknowledge It**

Whenever a negative thought comes into your head, simply acknowledge its arrival.

“Hello negative thought!”
Step 2: **Flush It Away**

However, you need to CHOOSE to let the thought pass right through your head and figuratively flush it away. Don’t give it any power!

*Picture the thought swirling down the drain and out of your mind.*
Now, Consider How Experiences Shape Your Thoughts
Consider this from Hayden’s Situation

Hayden plays great, but coach fails to notice

“Last year, I barely got any playing time”

“I guess I won’t play much this year either”

“Coach isn’t worried about me because I won’t be playing anyway”
Acknowledge it

“Okay brain, thanks for reminding me that I didn’t get much playing time last year, but that doesn’t mean anything for this year.” (sarcasm works here)

Flush it

“I choose to ignore that negative experience since it is not helpful and it is also irrelevant to this year”

TIP: Even if a negative thought is true, it likely is NOT HELPFUL so you should still flush it.
Next, Consider How Beliefs Shape Your Thoughts
Consider this from Hayden’s Situation

Situational Event

Hayden plays great, but coach fails to notice

Experiences

“I am not that good at my sport compared to the others”

Beliefs

“I don’t deserve the Coach’s attention because I am no good”

Interpretative Thought

“Coach isn’t worried about me because I won’t be playing anyway”
Overcoming Negative Thoughts from Beliefs

Acknowledge it
“Okay brain, that negative idea that I am not a good player isn’t helping here”
(sarcasm works here)

Flush it
“I choose to ignore that negative idea since it is not helpful and not even true.”

TIP: Even if a negative thought is true, it likely is NOT HELPFUL so you should still flush it.
IMPORTANT:
How to Combat the Negative Thought Filters
Combating Negative Thought Filters

NEGATIVE EXPERIENCES
- It is critically important to let these go. A new mantra for you is “the past does not equal the future”.
- Positivity is your friend to overcome these and will be discussed in Part 2 of this Drill.

NEGATIVE BELIEFS
- These can be overcome through by replacing with positive beliefs and affirmations; these will be discussed in Part 2 of this Drill.
Let’s see how it works for you!
To Do:

- Follow instructions on worksheet
- Fill it out every day for 7 consecutive days
- Reflect on the journaling
- After 7 days, start Part 2 of this Drill

INSTRUCTIONS: Near the end of each day, pick one situation you encountered that day that stands out and reflect on it using the format below. Try to use the 2-step process for dealing with any Negative Interpretative Thoughts that pop into your head: (1) Acknowledge it, e.g., "thanks for this negative thought, but..." (2) Flush it "...that thought is not helpful and I am going to ignore it." Once completed, reflect on the week's journal entries and discuss with others, especially a teammate, parent and/or coach.
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