



## **BONUS Module: How to Get Over A Devastating Loss and Re-Kindle Your Motivation**

Sometimes, despite your best efforts, you do not win or put forth a peak performance. Unless you heal yourself of these traumas, they will build up in your unconscious mind and cause you to choke—simply because you have not faced and healed them in your heart.

The way out of this cycle is through self-acceptance. Most athletes are quite dismal at accepting themselves when do not achieve their goals. Remember, you do not need to win to accept yourself. You can be extremely disappointed over losing and still accept yourself. Winning is only the icing; the cake is self-acceptance.

Genuine self-acceptance comes from a surprising source: experiencing your feelings without resistance, whatever they are.

There is a wonderful healing energy that comes from experiencing your fears, regrets and disappointments without resistance. The way to heal your deepest hurts and fears is through self-acceptance on an *emotional* level, which means being willing to experience your disappointment directly. As you become skilled at healing disappointment, you will no longer fear choking, because you will not be suppressing the fear and pain of loss. Your unconscious mind will not be controlling you, because you've shed the light of consciousness on it.

Here are a few questions to prepare you for the visualization audio. First, write down the event you would like to “get over”. Simply identify it in the space below:

---

---

Next, please write down how you feel about under-performing / losing:

---

---

Next, I would like you to write down what conclusions or beliefs might have you adopted about yourself or your sport because you performed poorly in this event. For example, “I can’t beat John,” “My coach doesn’t believe in me,” “I’m not mentally tough,” etc. Another way of thinking about this assignment is to write down your WORST fear that came out of this event:

---

---

---

---

---

---

Finally, please write down the REAL reason why you probably did not perform well or lost. For example, you might write, “I need to learn how to get out of the blocks sooner at the starting gun,” or “I need to reduce my performance anxiety to bring out my best,” or, “More agility will put me ahead of the competition.” Go ahead and write these ideas down:

---

---

---

---

---

---