

# **Do Not Let Fear Affect Your Bowling**

By: Stan Popovich

Sometimes, fear and anxiety can get the best of us in bowling. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a bowler can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to play in an important game. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship bowling game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you are playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next bowling match.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your next bowling event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will

become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Anyone who bowls needs to remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in their game.

#### BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

## **Do Not Stress Over The Competition When You Bowl**

By: Stan Popovich

Many bowlers sometimes get anxious when they play against a tough opponent. They get nervous on who they are playing and they get so worked up that they lose focus on playing their game. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a bowler can use to help manage the stress of playing against the competition.

The first step is to learn as much as you can on your opponent. Although this may seem obvious some bowlers may think they already know what they need to know. Remember there is always something to learn about your competition. Read the stats and reports about your opponent and watch him or her play. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win the game.

Do not assume anything about your competition whether they are stronger or weaker than you. Every bowler has his good and bad games and just because you may be facing a stronger opponent does not mean that you will lose. Remember that before you start playing, you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next game.

Focus on how you can best strive for perfection in your own game instead of worrying about your opponent. For instance, let's say you are playing the number one player in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on how you can play your best game.

Realize that you cannot win all of your games and that also includes your competition. You may be the best player in the world, however you will still lose eventually. No one player can win all of their games. Yes, they may have some winning streaks or win ninety percent of their games, but they will still lose some games. When facing a tough competitor, use this fact to your advantage. Even the best players will make some mistakes and lose.

View a particular game as a learning experience when things do not work out. For example, you are making many mistakes and the game is out of reach. Instead of beating yourself up, try to figure out what you are doing wrong. The best time to improve on your game is when you deal with adversity.

It is not uncommon to get nervous when you play a better opponent. Remember that some games will be easy to play and some games will be more difficult. All you can do is to focus on your game and play the best you can. This will help you in the long run and will help you to stop worrying whether you will win or lose.

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## **Our Worries Can Distort The Reality of Our Bowling**

By: Stan Popovich

At times, our worries and anxieties can overwhelm us. In addition, our worries can distort our perception of our bowling. Here is a brief list of techniques that a bowler can use to help gain a better perspective on things during their stressful moments.

When feeling anxious, stop what you are doing and try to do something relaxing. A person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

Remember that our fearful thoughts are exaggerated and can make the problem worse. A good way to manage your worry is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make your fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

When overwhelmed with worry, a person may encounter a lot of scary thoughts coming at them all at once. Instead of getting upset, remember that these thoughts are exaggerated and are not based on reality. From my interviews with various professionals, I've learned that usually it is the fear behind the thoughts that gets us worked up. Ignore the fear behind these thoughts and your worry should decrease.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Remember that all the worrying in the world will not change anything. Most of what we worry about never comes true. Instead of worrying about something that probably won't happen, concentrate on what you are able to do.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a walk before your next bowling match to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

It is not easy to deal with all of our fears and worries. When your fears and anxieties have the best of you, try to calm down and then get the facts of the situation. The key is to take it slow. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. Take it one step at a time and things will work out.

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