

POSITIVE MENTAL IMAGERY

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*Improve Your Golf Game
Easily & Quickly*

WHO ARE YOU? THE ANALYZER?

By Joan King

This month is the last in a continuing series of the description and analysis of the four basic personality and behavior patterns as they relate to golf performance. January began with a description of "The Driver" personality, February with "The Socializer" personality, and March with "The Craftsman." This month will cover the profile of "The Analyzer."

Your peak performance is in large part determined by your personal management of your own behavior. The more you understand your own behavior patterns, the more you can adapt to the different situations that come up on the golf course. The less you understand, the fewer options you have.

As humans, everyone can be included in four basic types of behavioral tendencies. Everyone has some of each of the four basic styles but you probably have more of one type than the others. When you understand your personality, you can then consider the strengths and weaknesses specific to your style and relate them to your behavior on the golf course. Under pressure your strengths could become your weaknesses because without this knowledge you will probably use the behavior that makes you feel most comfortable.

I. The Driver: The "grip it and rip it" player will have an advantage on wide open, long courses and not so great an advantage on tight, placement courses.

II. The Socializer: The social golfer feels very comfortable in a sociable foursome, but less comfortable in a tournament where there is no sociability.

III. The Craftsman: A player who is steady, "on the fairway, on the green, two putts" plans and executes well, but is less comfortable in situations s/he hasn't encountered before.

IV. The Analyzer: This cautious player carefully plans out his/her game, plays conservatively and makes few mistakes, but has a tendency not to take risks and stretch his/her limits.

There is no best style. This is the way you have adapted to your environment and live your life. Each personality style has its positive and negative aspects. What is important, is to know yourself so you can avoid your negative side in stressful situations and then be able to use the best aspect of your personality.

Our lives would be so much easier if everyone was like us and there was no conflict. Since this is not a truism, understanding how people operate their lives differently from the way you do will help you to be more tolerant of their behavior. Your behavior will be influenced by others and by the situation you are in. The best attitude is to *enjoy* the similarities and *accept* the differences. If you don't do this, you will sabotage your peace of mind and your golf game.

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Characteristics:

"The Analyzer" has a methodical, systematic approach to the game. They are intent upon perfecting a method to use and often appear to be mechanical, intense and studious as they play. They study everything in the game, try to select the best from every source and put it all together. They are precise and accuracy is important. They double-check everything so they are often *slow* and *methodical*. They have probably been most golfers' model for concentration. They are logical thinkers, critical of their performance, they comply to avoid direct conflict, are more task oriented than people oriented, do not like change and appear rigid, and have a strong sense of right and wrong. They are intense during play and tend to review their mistakes rather than their successes. They take the fewest possible risks and normally play the safest shot available. They control the club and bend the course to their game.

Tendencies of the "Analyzer":

- Likes PRECISION and works on shot-by-shot perfection.
- Strikes the ball vs. swinging or ripping.
- Studies everything; tee position, distance, club selection, wind, grip, stance, takeaway, etc.
- Keeps their distance from others on the golf course.
- Slow and methodical due to checking and re-checking for accuracy.
- Intense and critical of performance.
- Plays the safest possible shot.
- Into mechanics, execution, and accuracy, likes planning ahead.
- Uses logical thinking and wants to hit it correctly "by the book."

"Analyzer" Professionals:

- Annika Sorenstam
- Jack Nicklaus
- Hale Irwin

- Justin Leonard
- Bernhard Langer

“Analyzer” Strengths:

- Decisions are well thought out and rarely makes stupid mistakes.
- Gets the most out of a round due to an efficient style of play
- Plays well under pressure due to well laid plans.
- Concentrates well on details and critical shots.

“Analyzer” Weaknesses:

- Scores don't fluctuate much due to being conservative.
- In a problem situation they get slower and may “balk.”
- In a problem situation they will succumb to negative “self-talk.”
- Needs assurance to know when they have completed a task.

How to Improve:

The “Analyzer” golfer needs to give themselves to take risks like going for a par five in two after a big drive. They need to stretch their limits of thinking by being more flexible, and try new options. They need to develop a tolerance for conflict, not always complying to avoid conflict.

- Affirm belief in their self-worth outside the game of golf.
- Be more flexible, try new options.
- Learn to take more risk.
- Play at least one hole per round more aggressively.
- Develop a tolerance for conflict.
- Learn to enjoy their good shots, and not internalize missed shots.

The “Analyzer” tends to be a kinesthetic learner who is right brained and long term oriented. They are very patient, but tend to break down with internal self-talk. They want a logical coach who is sincere and caring as they need assurance to know when they have completed a task.

In a stressful golf situation, the “Analyzer” needs to:

- Breathe deeply to free up the mind.
- Use positive self-talk and smile.
- Forgive self for making a mistake.
- Give themselves permission to take risks.
- Take practice swings to get the feel of the shot.

No human quality is good or bad except as it is used. Used properly it indicates a strength of character, improperly used it causes problems.

The Optimist Creed: *Think only of the best, work only for the best, and expect only the best. Wear a cheerful countenance at all times, and greet every living creature you meet with a smile.*

Entrain Your Heart & Brain for Peak Performance!

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If this monthly ezine has been helpful to you, please forward it to your friends so they can have more fun playing the game of golf while lowering their scores. Download previous PMI newsletter issues by logging on at www.mastermindgolf.com

If you have a question or need help with your mental game, email Joan at POSITIVE MENTAL IMAGERY, info@mastermindgolf.com Also, please share with us how this website information has helped you improve your performance.

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