

E-Motions of Competition



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E-MOTIONS OF COMPETITION



The mental game as it pertains to sports performance has progressed to mean so much more than relaxation, meditation, visualization or getting "in the zone". There are many books and articles that state how such things can improve your game, and they probably do, however, these terms are becoming outdated and now fall under the activities that would be considered practice.

At Sports Energetic we look at the mental game for what it is, "cognitive congruence", between what we desire consciously and what we hold to be true subconsciously. If these two levels of consciousness are not congruent you will always have conflict. These conflicts will show up physiologically and will affect performance in any sport. Making changes at this level will have personal, long lasting effects, not only with sports, but with all aspects of your work and personal life as well.

We look at maximizing sports performance from three approaches. This process will stop further performance issues while cleaning up and processing out the old.

PERFORMANCE ANXIETY



The call to perform in any sport can be unnerving for some athletes. If gone unchecked it can lead to a full blown fight or flight response. This process is perfectly natural and was quite useful to our Stone Age ancestors when they had to flee from Sabre Tooth Tigers or Woolly Mammoths on the way to the village watering hole.

We no longer have these Stone Age animals in our society. They have been replaced with managers, interviews, competitions, parents and unsafe environments. Anything that is interpreted as something that can be harmful or threatening to us can trigger anxiety or fight or flight response. What we determine as a threat is programmed into our subconscious mind at a young age (0-6 years).

Once anxiety/fight or flight is activated the body changes physiologically and these changes will most certainly affect your performance.

Tremors, sweating shallow breathing, memory loss, dry mouth, decrease in fine motor skills, loss of ability to think and a lowering of

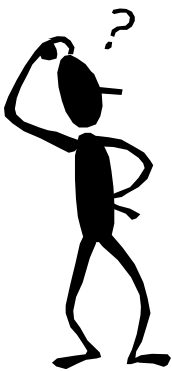
your intelligence are some of the negative effects that can interrupt peak performance. We are not made aware that this is happening until the symptoms appear and by then it could be too late. The key is to get athletes to pay attention to what their bodies are telling them and to keep in mind that what they are experiencing is perfectly natural.

Why would an athlete interpret performing in their sport as a threat?

Logically we know that this does not make any sense, however, from an emotional standpoint it is quite a different story. Past performance traumas, childhood traumas or limiting beliefs that we picked up along the way are the cause of the emotional drivers behind the anxiety. It is nothing more than a current situation activating an outdated response.

MTT (Meridian Tapping Techniques) can be used to first address the immediate symptoms of anxiety that can occur just prior or during competition and restore the body back to balance. It can also be used to eliminate the anxiety completely by addressing the underlying emotional issues that sustain it. The results are usually permanent!

COGNITIVE INCONGRUENCE/ YIPS



Unresolved emotional issues cause a disruption in the body's energy system (Meridians). This energetic disruption can show up in the form of a momentary weakness with the muscles or uncontrollable muscle movements. The unresolved emotional issues can be based on negative past performance traumas, childhood traumas or limiting beliefs that we picked up along the way. Our subconscious minds will serve up these little traumas and beliefs whenever our present desires or conscious thoughts are not congruent with what we hold true subconsciously. This cognitive inconsistency is what causes, what we experience as, a momentary energetic disruption.

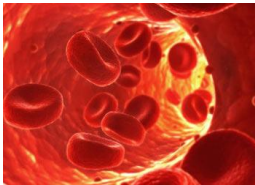
Cognitive inconsistencies can severely affect physical performance especially where fine motor skills are required. Freeing athletes from the blocks and limiting beliefs by dealing with the accumulated negative

emotions sustaining them will cause emotional freedom and open the doorway to peak performance.

MTT can be used to first address the immediate symptoms of cognitive disruptions that can occur just prior or during competition and restore the body back to balance. It can also be used to eliminate the problem completely by addressing the underlying emotional issues that sustain it. The results are usually permanent!

BIOCHEMICAL AND PHYSIOLOGICAL DISRUPTIONS

The human body has approximately 50 trillion cells and each cell has over 1 million receptors on its surface. It is the responsibility of these receptors to take in proteins, minerals, nutrients and vitamins to keep each cell healthy. For example our red blood cells transport essential oxygen throughout the body.



When a negative emotion is triggered peptides (a chemical that causes us to experience an emotion i.e.: anger) are released from the hypothalamus into our bodies via the blood stream. The peptides are then transported to every part of our body, particularly to those parts that are involved in the processing of that emotion and dock onto the cell's receptors and will remain there until the cells are signaled to release the peptide.

Our emotions affect us on a physiological and biochemical level by bypassing our conscious mind and affecting every cell in our body directly. Dealing with such an occurrence psychologically and mentally will not be effective due to the fact that the problem is mainly physiological.

THIS IS HOW THE PROCESS WORKS



- **A negative emotion is triggered.** The trigger can be an event, memory, injury or thought.
- **The hypothalamus releases chemicals (peptides) directly into the blood stream** and are carried to every single cell in our body particularly those cells that deal with the processing of that emotion. A peptide is the chemical equivalent of an emotion. There is a peptide for every single emotion that the human condition can experience.
- **The chemicals/peptides released attach themselves to receptor sites on the surface of our cells.** This action blocks the uptake and transport of nutrients vitamins, proteins and minerals.
- **Eventually when the cell divides it will create more receptors to accommodate the peptides/chemicals for the emotions we experience frequently, and less for nutrients, vitamins, proteins and minerals.** This is important because, for an average person, up to 75% of what we think throughout the day is a negative thought.

It may seem like your problem is getting worse or you may think that it is “all in your head”; the fact is there is an accumulation of chemicals in the receptors of your cells. Your body is having a biochemical response. For an athlete this would be like running a race with a plastic bag over your head!

If the cells of the body are not signaled to release these chemicals from cell receptors athletic performance will be affected. If prolonged illness will manifest and recovery from any physical injury may be very slow or incomplete.

MTT completes the processing out of chemicals from cell receptors and restores your body back to a state of balance. It speaks directly to your body and bypasses the conscious mind.

Becoming more congruent will decrease conflict and unnecessary stress and anxiety as well as other negative emotions. When we decrease

negative emotions we generate biochemical changes at a cellular level that will also enhance your physical game as well. This is how the true mental game is played!

All performance issues are symptoms of underlying emotional causes!!!

Meridian Tapping Disclaimer

Tapping is not designed to replace anything you are currently doing to enhance your well being. Tapping is in addition to good nutrition, chiropractic, naturopathic, and medical care or any other modality that adds to your health.

While Meridian Tapping has produced remarkable clinical results, it must still be considered to be in the experimental stage and practitioners and the public must take full responsibility for their use of it. Neither we nor Gary Craig are licensed health professionals.

About William Thompson



William Thompson (B.A. Crm, EFT-Adv) has been working as a counselor in the mental health field applying the principles of psychosocial rehabilitation since 1991 and know the tremendous role that emotions have regarding maintaining overall health and well-being and performance in any sport. He has worked with clients of all ages and has provided services for emotional trauma (PTSD), dissociative disorders, physical pain, addictions, healing of past and present injuries, grief, anxiety and sports performance.

Meridian Tapping Techniques (MTT) also known as Emotional Freedom Techniques (EFT) has become his primary resource to facilitate helping people achieve emotional and physical well being. He began to notice that as people became “emotionally free” performance issues and physical issues they held on to for months and even years completely disappeared. The results are profound!

William is available for individual or group training session in person, by phone and by Skype.

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