

UNWANTED VISITOR

Why do you give _____ access to control your emotions?

SITUATION: An athlete asked, “How do you balance being coachable and not letting your coach’s anxiety impact your confidence levels?” I asked:

“Why do you give your coach access to control your emotions??”

“I shouldn’t. But I’ve been taught to be coachable as the best player. The challenge is that the my coach can’t manage himself properly and it has a negative impact on our team, me included.”

“What have you learned about how you’ve managed social media that could help you with how you manage your coach?”

“Everyone can delete their social media apps, but you can still search your name on your phone even if you don’t have the app. I had my best friend set a privacy setting on my phone so I can’t check twitter or instagram.”

“How much has that privacy setting impacted your life in a positive way?”

“It’s so easier to keep focused on what matters. If you’re reading that stuff about yourself, it’s hard not to feel some type of way, good or bad. Either way it’s not what you should be dialed into.”

“How could you use that privacy setting with your coach?”

“Man. That’s a good point. I know I’m a confident player but sometimes, just like social media, when you see him react to something you did in a negative way, it can impact you.”

“How?”

“You start second-guessing yourself, even if you don’t do it consciously. I’m convinced it has an impact on you subconsciously.”

“So how could you use the privacy setting with him?”

“Keep it between the lines. Set the privacy setting on everything outside of that. If you’re looking over your shoulder with anything, you aren’t focused on what you need to be focused on.”

“And if you do lock eyes with him, and he has a reaction, how could you use your confident charm to manage that?”

“That’s a good point. I can de-escalate him. He’s honestly just afraid because of the expectations surrounding our team. The reality: he’s harmless. I can get our teammates to focus on me and my example and we can transcend his anxiety.”

OTHER WAYS TO USE THIS QUESTION:

- Why would you give competitors access to control your emotions?
- Why would you give the media’s questions access to control your emotions?
- Why would you give social media praise/criticism access to control your emotions?