



Conquering Fear

The Greatest Enemy of Performance

With David Benzel,
America's Sport Family Coach

www.growingchampionsforlife.com

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Our children were born with only two fears.

All other fears are
LEARNED!

We spend most of our life trying
to unlearn our fears.



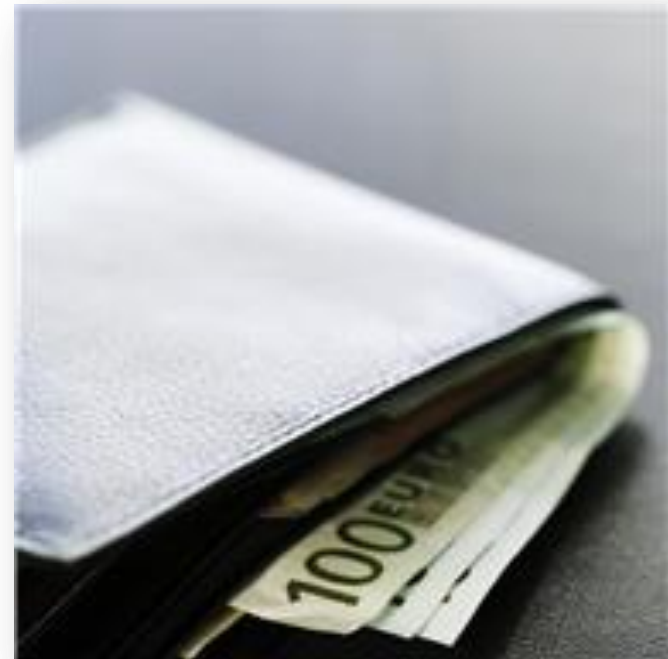
What is Fear?

False

Evidence

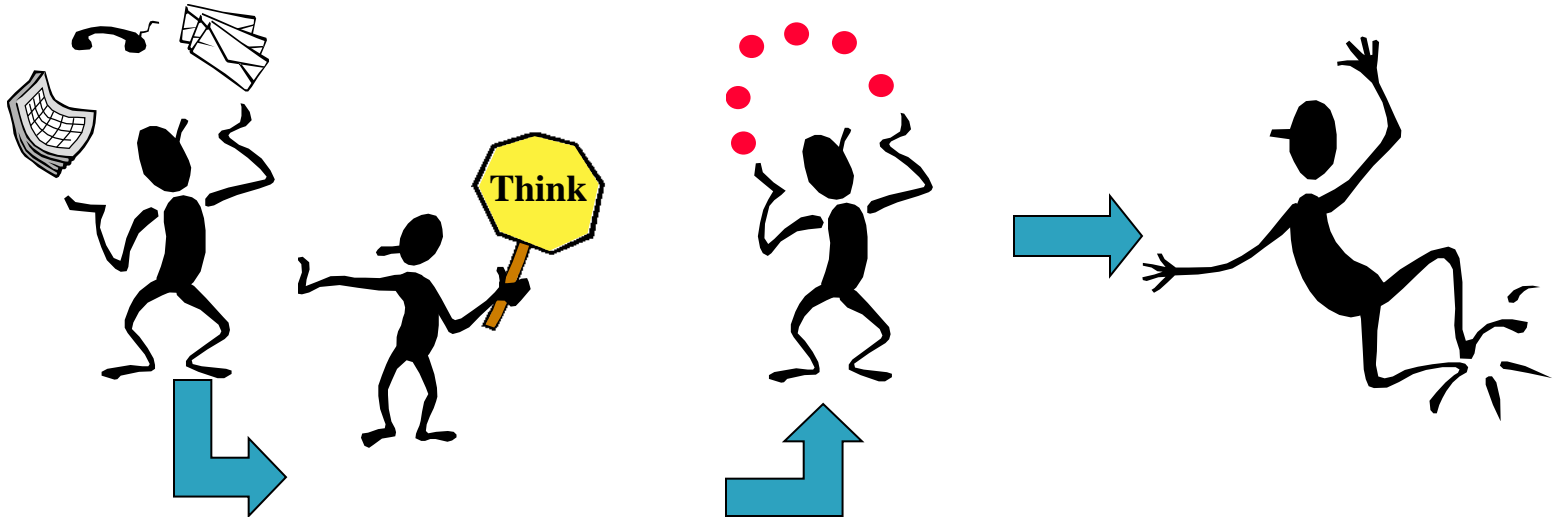
Appearing

Real



The Source of Emotions

A) The Event → B) The Story I Tell Myself → C) My Reaction



1. My emotions come from my thoughts.

2. I think my own thoughts.

3. Therefore, I create my feelings and I'm responsible for them.

Why do we fear losing?

Because We Fear What Losing Means



Shallow End Answer: **"I can Take Charge"**

Turn nervous energy into aggressiveness.



Middle Depth Answer: **"Change My Goal"**

It's impossible to lose if learning is the goal.



Deep End Answer: **"I am not how I play"**

The outcome of any effort is only feedback; it is not ***who you are***.

Fear Created by Self

The fear-filled athlete asks the wrong questions.



“What if I lose?”



“What if I choke?”



“What if I double fault?”



“What if I get hurt?”

“The answer to a question of uncertainty is a stronger & more positive question:

“So what am I going to do about it?”

Unproductive Questions & the Alternatives

The Fearless Athlete Asks:

- What is my goal for this competition?
 - How can I be my ideal self?
- To what will I give my attention?



Fear Created by Others

The things adults say that create fear :

“If you don’t work harder you won’t make it to the next level.”

“If you don’t pay attention to my coaching you’ll get left behind.”

“We’ve sacrificed a lot for you to have these lessons, so if you’re not going to work....”

“Be careful; I don’t want you getting hurt.”

The motive behind these statements:

“To get others to do what we want them to do.”

Manipulation

Unproductive Questions & the Alternatives

The Fearless Coach Asks:

- What words will indicate my unconditional support?
- What actions will show my complete confidence in my athlete's overall success story?
 - To what will I give my attention?



Coaches Create Experiences that Matter

“The brain takes its shape from what the mind rests upon.”

- Rick Hansen, *Hardwiring Happiness*

If Your Mind Rests On:
criticism, worries, complaining
about others, hurts, stress, and
blaming...



- Your brain will be shaped into:
- A narrow focus on threats & fears
 - Leaning toward anger & sadness
 - Vulnerability to anxiety & depression

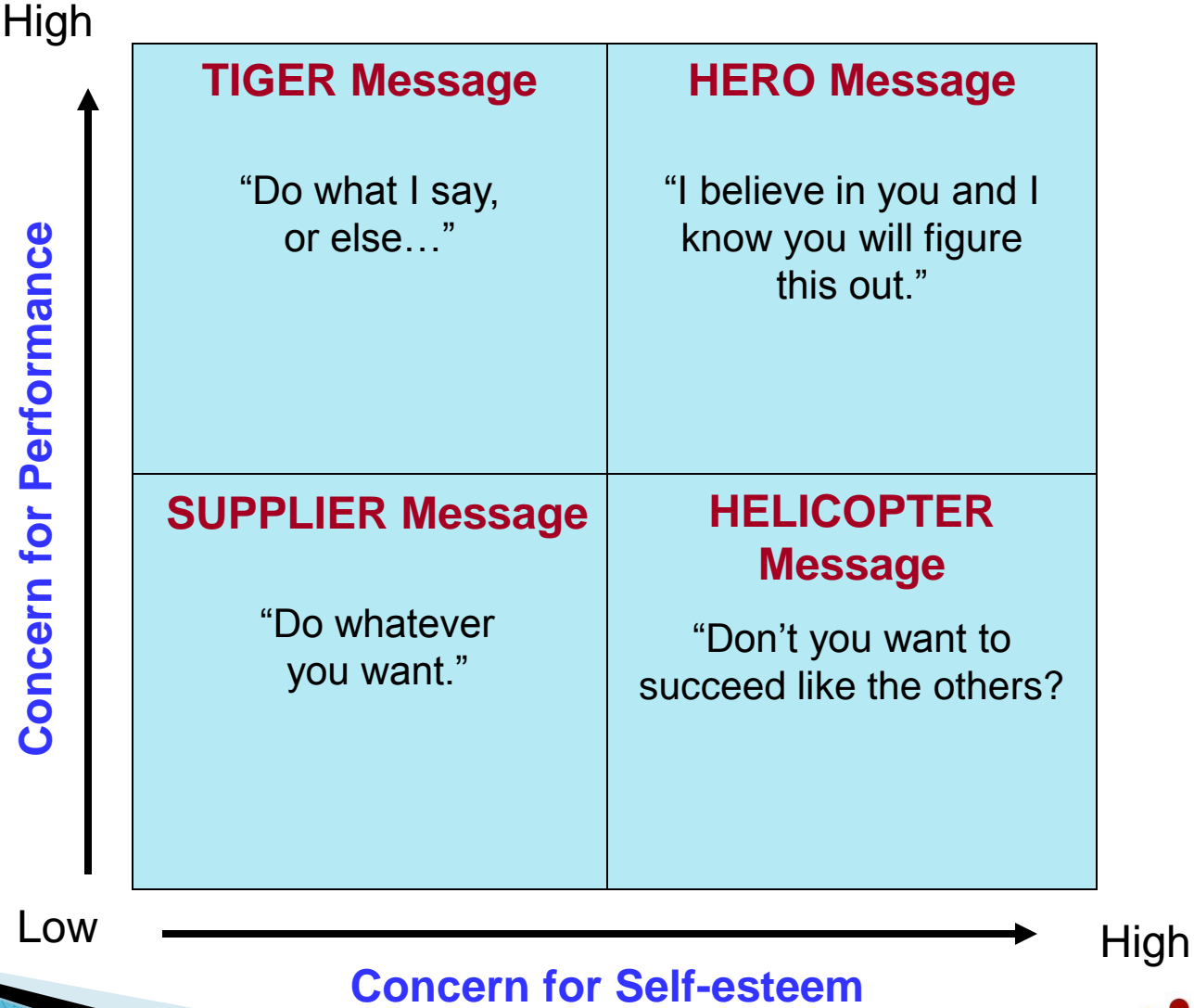
If Your Mind Rests On:
Good events, pleasant feelings,
tasks completed, good efforts,
and strengths...



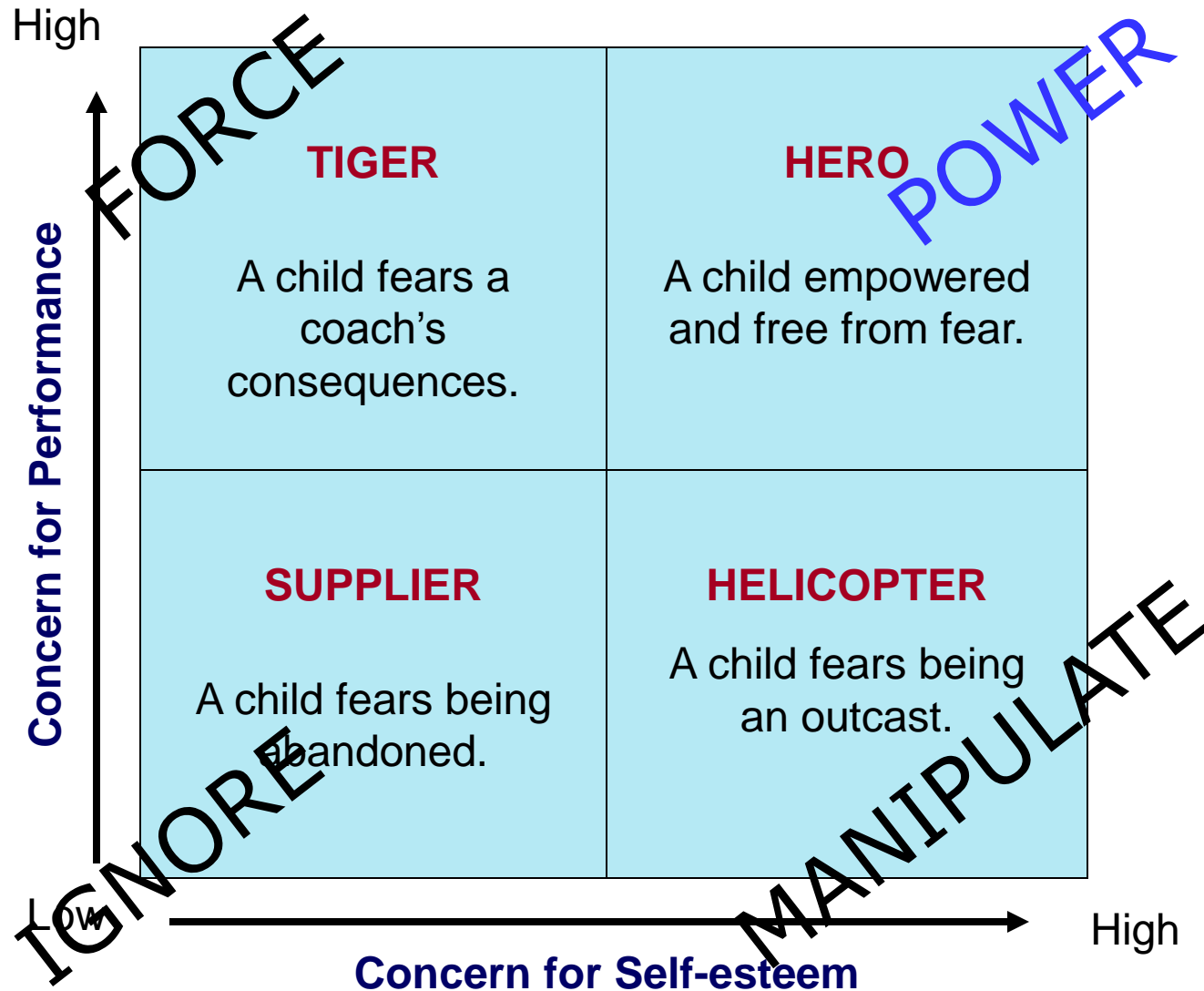
- Your brain will be shaped into:
- A realistically optimistic outlook
 - A positive mood & sense of worth
 - Strength and resilience

What do you give your attention to?

What Message Are You Sending?



The Four Faces of Fear



We Choose Between the Two Psychologies of the World

FORCE

Ridicule
Compare
Compel
Control
Punish
Manipulate
Boss
Coerce
Criticize
Blame
Complain
Nag
Shame

80%

POWER

Care
Listen
Support
Negotiate
Encourage
Love
Befriend
Trust
Accept
Respect
Welcome
Esteem
Empower

20%