



## Reverse Thought Blocking Exercise

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Our thoughts run our world. They have the ability to decide how we feel about ourselves as well as the world around us. Our mind plays a game we are unaware of. It's being played about 60,000 times a day on average and it's a game made up of thoughts. There are two parts involved; Thought Blocker (negative thoughts) and Champion (positive thoughts). Research will tell you that out of those 60,000 thoughts, roughly 40,000 of those thoughts are run by Thought Blocker. The crazy part about it is that most of your daily thoughts are running automatically; in other words, you don't know even know you are thinking them. Those are what most Therapists will call Automatic thoughts.

Let's pretend these two parts are playing against each other in your mind. Most of your thoughts are moving rapidly through your mind and Thought Blocker is in there dominating the game. So how do we get our championship mindset to make a run and get back in the game? Simple; Now that you know there's a "Thought Blocker" that lives with in all of us, you'll learn in this exercise how to stop him in his tracks before he takes over and begins to show up in your reality. When you become aware of your negative thinking, you have done 80% of the work just like that. The biggest problem most athletes face is the fact that they are not aware when Thought Blocker is damaging their mental game because they are so focus on the physical part of the competition. Reverse his negativity by

replacing it with a Championship voice. Use the exercise on the next page to help you take the lead against Thought Blocker.

Situation	Thought Blocker (negative thoughts)	Champion (positive Thoughts)
<b>I just turn the ball over at the end of the game.</b>	"I suck. I shouldn't be in the game when it counts."	"As bad as it hurts, I did learn from this situation and will get better because of it."
<b>I just received a bad grade in class.</b>		
<b>Coach embarrassed me in front of the team in practice.</b>		
<b>My best friend lied to me.</b>		
<b>My parent just lost their job.</b>		
<b>I was cut from the team.</b>		
<b>(Someone close to you) was diagnosed with an illness.</b>		