

Overcoming fear and becoming the best player

This is based on true story of a client who took the ownership to bounce back from his downfall and started creating some great results



Rehan is a great basketball player. He has been winning a lot of basketball games and doing really well. Due to his height, he has the advantage of being able to reach and perform far above the others. However, that was before but now the level of playing and the competition is far more intense than it has ever been. Not only the height, now its about the skill, fitness and the mental strength are driving. He was not scoring as much as he used to. He was severely struck by surprise, and as a result, his previous

aspiration to be the best player and shooter is no longer coming true. He was the game winner and now some of the others have taken his place. Now the world he built around himself was collapsing.

His success rate began to decline, and along with it, he began to lose confidence. This caused him to make more mistakes and miss more and more opportunities, until he eventually crossed over into that deep-seated conviction by introducing the ideas that he was no longer good and that he was HOPLESS. He managed to score just one point in the previous game before I met him. This player rose to become the man of the match, the greatest shooter, and someone who was adored and respected by families and friends.

The call came in right before he was about to leave for a match, and usually I have to talk to the client for a while before I can figure out what his true issue is based on the

way he is acting. People frequently fail to recognize the true issue or the problem that they are having, instead only focusing on the behavior. I discovered that he was open to trying something different and eager to discover something fresh in order to restore his lost self-esteem.

Losing the grip

When someone is in the middle of a thunderstorm or hurricane and they are not able to see beyond the stormy weather, or when they are truly struggling to escape a situation where there is not enough light to see his path. In order for the mind to process information and allow the conflicting areas to see, you must first release your hold on them. It feels like you are getting behind a jungle so you can see the trees and the traces that will point you in the right direction.

When I asked for the issues that he was facing, the first thing he said was that I don't have confidence, the shots are not going, and I have fear and doubt.

You need to interrupt this belief, and one of the ways that you can do that is by creating a strong interruption anchor. And if that is so interruptive, it can loosen the grip so fast in the mind, and will be able to create some clarity. Powerful resource anchor to increase confidence and clarity towards the real problem can be best way.

After that quick activity to find the three strongest times he found confidence and strength, I could see a better tonal sound in



his voice, and I found that he is slightly coming out of that confused mind.

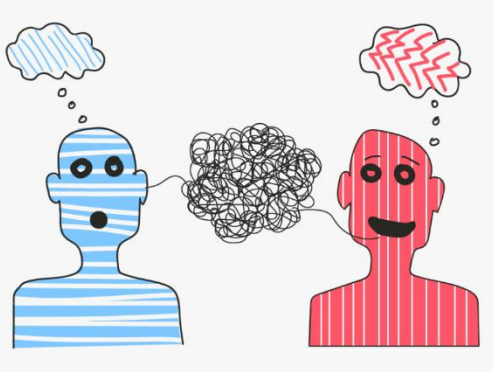
What could be the problem?

Sometimes the client can forget the real issue you had once, or the depth of the problem can lose its intensity at this time. So when I asked for the real problem now, he said I have fear. Now that's amazing. Because he never had fear, but if you really look at all those, there could have been somewhat fear syndromes. But if you go one step deeper, you could now know where this fear is driving him. He said fear of not getting the ball when he needed it, and that caused him not to have that chance to take the shot.

Power of communication

Now all the parts that created fear has come to real situations, and it's about communication. And this is where the "cause and effect" will work really well in the mind. He was blaming the team for not passing the ball to him, but the real issue was with him because he was not communicating with the team for them to

know. Basketball is a very fast game. It's the fastest game on planet. The communication should be beyond the highest level. It's a game where the intuition works faster than



the unconscious mind or the conscious mind. The team that has the best communication can manipulate any team to beat. The moment he understood that it was his fault; he agreed to take the ownership to call for the ball, and if you don't get it, it's your fault and he agreed. Find a new strategy to communicate, and if they are not hearing, go and meet with them and communicate with them and have an agreement on how it should be done. Rehearse a few times so you now know how it works.

Results of the match

He scored 10 points in that game, and he was over the moon. He found that it was his mistake and also found that it is his duty to build up great rapport with the team players. That gave him evidence to work more and to move deeper, and with that, we decided to have few more sessions for the following week.

Reframing

Since he dwelled in that negative mindset for too long, and this mindset will definitely want to haunt until you make a clear decision to see a drop in those negative patterns. The parts will continue to create conflicts within to create confusion.

There are many ways that you can do reframing. What reframe will do is actually change the thought pattern and redirect them towards the directions that you want to see as the outcome. Each person needs to understand to do a proper reframe. It's basically unconscious, and you need to dive deep to understand how the pattern is created. And in that pattern, you find an outcome, and in that outcome, what you do is that you find the opposite of and see the outcome that you want to recreate. It can be a change in your behavior or the way you give meaning, but these are created in the unconscious mind.

When you are given such instructions, you need to have some kind of awareness of how your mind will react. Meaning, you need to cultivate and learn how your mind will process such information. And he found that the fear getting in to him from the time he walks in to the courts, so what we decided was to reframe from the time he leaves home, and he was asked to put that learning in to practice at least 3 times daily and see how well you can reframe and to create positive new directions.

You cannot consciously stop your thoughts coming into your mind; you find nearly

70,000 thoughts coming into your mind daily. According to the National Science Foundation, 80% of our thoughts are negative and 95% of our thoughts are repetitive. One will have to know how to practice them daily to redirect them, and then it works faster.

So reframing is something any sports athlete should learn and know how to do. That will increase the ability to navigate your mind the way you want to create it now.

New game results

That was his second game after he started working and in that game he scored 20 points and I think he was the highest scorer. Amazing. He was over the moon. He said I made a few mistakes, but I was able to quickly reframe my mind to get back to my normal game, and I was smiling right through. Now for him, a smile is the greatest strength, and that's where he finds confidence.

3rd Sessions on Mediation



He was getting more obsessed with this new change in his life, and we moved one step deeper. And this time I wanted him to find his focus. He has never done meditation in his life. Knowing that, I didn't want to make it harder for him, I shared the six-step process and explained how you do that. And then we did the full version, which took 15 minutes, and he said he found so calm. He said his mind was running all over and he was able to bring them back to one point. He downloaded "MY Heart Resilience" mobile meditation app, which is developed by me based on life experience, and after one week I am getting texts saying that he is finding more courage, confidence, and focus as well.

End

Today he has become an amazing player. Back to his rhythm, and his dream is to play for the national team in Australia. I wish him with all my heart to reach that goal and to do well in his life. I want to thank both the parents for the amazing support that they gave me during the coaching sessions and for being such great motivators.



In closing

We all have a great gift, and that gift is the MIND. given freely and that has the capacity bigger than the biggest Mainframe in the world to process if you use it

correctly. I invite you to start searching and dig deeper to find more, and you will never regret because you will find your true potential.

THANK YOU AND BLESS YOU.



My Heart Resilience

This is an app Mobile Meditation App was developed based on the Trainers experience working with athletes and clients to help them discover confidence and develop heart and mind solutions.

Intro
To prepare for the 30-day resilience training follow these steps to ensure you're ready and accountable for your best results.

30 Day heart resilience
Embark on 30 guided meditation tracks over 30 days, progressing from primary (advanced) levels, enhancing inner balance and solutions.

Bonus Tracks
Tracks will be uploaded to support anyone in need, such as increasing confidence, enhancing forgiveness, and more.

Self-Training
Here's your chance to practice and test your ability to manage yourself while producing outcomes.

Heart Resilience Workshop

Phase	Level of Negative Emotions
Before	870
During	460
After	200

Success Story
Based on the workshop 'My Heart's Resilience,' participants transitioned from strong negative emotions to lower states, ultimately discovering more viable solutions.

Available on
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