

## What is Mental strength

Mental toughness does not mean a lack of failure, difficulty, tears, complaints, or doubt. It is about accepting the situation, finding the required strength, and recovering with new learning.

Mark.T



## Power of the Mental strength and Sports

*The goal of this paper is to help people understand mental strength and how it can help athletes improve their confidence, creativity, and endurance,*

*I got a call from a coach who needed my help with a former Sri Lankan cricketer who had represented the country and performed brilliantly, even playing in the IPL and being ranked among the top 20 players in the world at one point. His coach needed my help with a mental block the player was having, which, once overcome, would allow him to return to being a valuable asset.*

### Who will be helped by this paper?

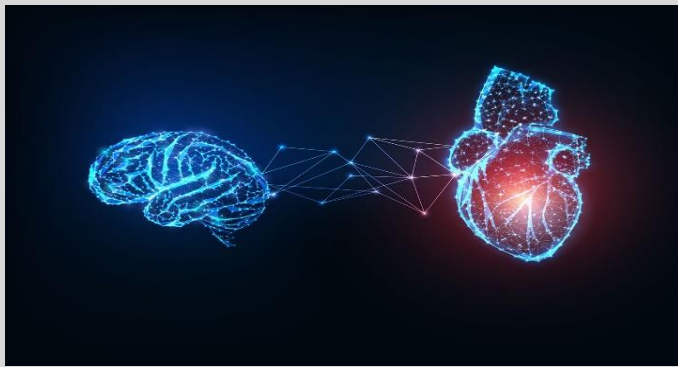
*Players & athletes, Coaches, any parent with a child who is involved in sports, Principals of schools, The Sports Master is in charge of the process or anyone who appreciates sports*

### Identifying the problem

I determined that his main issue was a lack of consistency after the considerable conversation. Often people don't even realize they have an issue, instead focusing solely on the causes for their failure. So I asked him when he last remembered being consistent because if he recognizes that he currently lacks consistency, he must have been consistent at some point in the past. It was when, in his memory, he took 5 wickets against the West Indies

Now, rhythm and confidence are both unconsciously driven, and his beliefs would have been greater in that situation.

He also claimed that he could sense the wicket was effortless while watching the player walk and his physiology.



## The heart's resilience is how well you are ready to face your setback.

Mark. T

What I'm trying to say is that the majority of these activities are in the conscious mind and in the awareness mode. The amazing thing about this is that the heart understands the other side of the coin, which is how to motivate yourself to reach your goals. That is the heart's and mind's clever part.

In response to my question regarding his concept of confidence, he emphasized having a good line and rhythm, as well as being hungry to get a wicket. The Cobweb effect is a subset of the strong belief that you construct to trust in yourself and feel that your capabilities are sufficient to attain your goals. When you have a strong belief, it causes a cobweb effect by spreading other relevant traits to help you reach your goals, and those attributes are transmitted directly from your heart to your head and from there to your body.

My second question was for him to tell me about a period when he wasn't being consistent, and he mentioned a game against India in which he only got one wicket in 10 overs while India scored 71 runs. The team was dissatisfied with his bowling after losing the match, believing he was the cause of the setback.

So I pressed him on his feelings about his inconsistency. His reactions were demotivation, a lack of observation, and doubts. All of these words are referred to as kinesthetic, and self-talk includes doubt. You can see how "inspiration" is an emotion, "observation" is more visual, and "doubts" is self-talk now. When this happens, you begin to doubt your ability to achieve.



He acknowledged that when he is upset, he begins to doubt himself, feels mentally weak, and his muscles tense up, especially his shoulders. His mind creates a negative strong pattern at this exact instant, which is subsequently highlighted by his behavior.

### The strength behind the success

I wanted to know what he was thinking when he was representing WI. Your conscious mind and your unconscious mind are two things you need to be aware of. Ninety-nine percent of our lives are governed by patterns, which are actually established in our unconscious minds.

These patterns begin to take shape as soon as you are born and are dependent on the experiences and information that you take in through your senses as well as your conscious and subconscious filters which creates perceptions. Each pattern is particular to that person, and you can't elicit them if you want and redirected them as well. You will therefore continue to act in accordance with them, whether consciously or unconsciously, as evidenced by your physiology or behavior.

## Understanding the patterns

Using my understanding of patterns, I sought to identify the kind of pattern he would have used during the West Indies match and found he was feeling very confident. You could develop a successful plan if you could recognize at least three patterns, find three tactics that tap into those patterns to produce the outcome, and comprehend the inner workings of how it all fits together. And his successful approach was as follows:

Strategy	Behavior	Representation	Outcome
1	Confident	Kinesthetic	Effortlessly he can take the wicket, feel in his body and flexibility
2	Talking to him self	Self-talk	To believe that he can take this wicket and maintain the focus
3	Talking to him self	Self-talk	To increase dot balls to add pressure

## Failing strategy with India

Now let's concentrate on the India match where he utterly failed and examine the strategy he used at this point. In this instance, upon receiving the ball, he immediately had a doubt, which is entirely self-talk, followed by a sense of being "incompetent," which is kinesthetic, and last, he realized that he would not ball the ball at the proper position, line, and length, which is visual. So self-talk, kinesthetic, and visual elements made up the method that didn't work in this situation.

Strategy	Behavior	Representation	Outcome
1	Doubt	Self-talk	I am not going to make it, might score a six. Just want to leave this game
2	Incompetent	Kinesthetic	Mentally down and feeling hopeless
3	Losing the line and length	Visual	Not seeing the place where to ball and not reading the player well

Going back to the confidence strategy which was used at the match with West Indies, it was Kinesthetic, self-talk & self-talk. Let's examine the results of the bad tactic he used in the match against India. He claimed to feel tired, anxious, scared, tense, stiff, and occasionally he even missed the ball from his hand, showing a lack of muscle movement. Whatever the pattern in your mind, it delivers the information to your mind, every cell in your body, and the heart. Therefore, when your mind develops that strategy and you accept it, your mind then provides you with all the tools necessary to carry out that pattern, which in this instance is wholly unfavorable.

When you are in that negative condition, it is so real that your muscles can stiffen and weaken. As a result, it is now clear how this pattern leads to a very serious negative state. *Because of this, it is necessary for athletes to enter a game with a highly open mindset, carrying no baggage with them but rather being clear, at ease, and happy with the goal of enjoying themselves. Your heart's satisfaction and joy from enjoying the game give your head instructions.* That is the reason we see athletes using various distractions to better their approach, such as watching videos, listening to music, or listening to some motivational hypnotic recordings. On the other hand, if you inadvertently carry baggage, your mind won't be able to provide you with the 400 percent access level to the talents that you need to perform at your best.

---

Let's examine the characteristics he produces when he is feeling extremely positive. He claimed that when he was feeling confident, he could determine whether or not he could get the batsman out by watching a player walk onto the crease which are evidently caused by a deep internal structure in which you accept the outcome so that you can feel confident, which also occurs consciously if you grasp it.

### **Pattern modification**



I described to him the two patterns. We intended to break the negative trend and show how it may be transformed into a positive one. I asked him how he felt when I fired the winning positive strategy—the West Indies match, which was kinesthetic, self-talk, self-talk—into the India match after first taking him via his mind's eyes to the India match, where he failed. He said, "I'm well in control and confident," in answer. I went with him to the West Indies game and switched his positive strategy from India for the one he utilized there. When I questioned him about his feedback

right now, he responded that he was miserable, stiff, and not good enough when I questioned him about his feedback right now

Now that we had played the positive plan three times, he was feeling really confident. We then played the positive approach in a future game, and at one point he said that he had seen himself come up with a new bowling motion or technique to get the guy out.

Does it actually work that way? "Yes" or "no??" "Yes" means that you have abundant evidence that it is possible since your mind and heart are constantly pushing you to advance and do new things. As you practice, your mind will constantly come up with new ideas, but you must first reach that state.

However, if you don't use this mental skill the same way you train your batting or bowling techniques outside the gym, it will eventually fade out and you'll be back where you started by letting your old patterns fire whenever they choose.

I, therefore, gave him two tasks for ten days. One involves looking back at three instances when he doubted himself and felt incompetent, and the other entails using the positive method three times while observing how he could change. You can explore new patterns while seeing how they can be done and overlap previous patterns by repeating this three times and as you go on you will find it's so easy and effortless to switch.

## **Train your mind**

In your head, you are developing a new pattern of language. To put it another way, it is comparable to your system being decoded and recoded like a computer, which requires a lot of time and effort. I now ran it through his thoughts three times and asked him to let me know when he understood it.

He once claimed that a negative thought loop in his head kept telling him that he was inadequate and had failed. In order to combat this, he first developed a kinesthetic by telling himself that he is the best bowler, and then he created self-talk by telling himself that “when I can hold the ball firmly, there is nothing that can stop me.” He told himself that “this is the best wicket that I have come across and I am the best bowler that I have come across to get this wicket” in the third self-talk, which was also one. He claimed that he felt more assured after using the three senses — kinesthetic, self-talk, and self-talk—to execute this strategy.

## **Creating beliefs**

New beliefs can create new structure to support to change perceptions. Before going to sleep each night, I wanted him to perform five brand-new tasks. It is done by lying on a bed or reclining chair, bringing your hands together above your chest, crossing your palms so that your right palm

## **Advantages of developing a successful plan.**

is facing down on your left palm, which is also facing down, and your feet as well, while expressing your intentions. This is because your left and right frontal lobes are connected with your right and left sides. *(make the shape of a bird with its wings open wide, where your right hand is facing palm up under your left hand, which is also palm up with the two thumbs intertwined, and fold both palms inwards into a fist towards your heart and rest it there)*

Your physiology can communicate with your unconscious mind by holding hands and crossing your feet over one another. As a result, when you do it in this way, your heart is affected so intensely that hormones are released into your mind and energy is released into trillions of neurons, which transforms into the correct kind of information to generate the belief. I, therefore, asked him to follow this schedule for ten days.

More reinforcement is needed for your unconscious mind to adopt the new pattern. The same way you spend hours refining your talents on the ground, you need to spend some time intentionally developing your thinking. You’ll discover how strong, resourceful, and imaginative you are as well as how energizing you are as you practice.

Following are some of the advantages that can create through this modification.

1. There will be fresh innovations.
2. You possess creativity.
3. You'll discover your personal weaknesses.
4. You'll identify your own areas for development. Nothing
5. Nothing will be able to stop you because you will be able to alter your mind pattern and acquire the tools necessary to become the person you desire.
6. You'll have boundless energy and confidence.

This case study is intended to demonstrate how crucial it is to establish the proper thought-pattern procedures in order to build self-assurance and experience the mental strength and strength that you may apply to achieving your sporting success.

*Thank you and wishing you success*

**Mark Thrimawithana**

NLP Trainer (ABNLP), NLP Master Practitioner, Sports Mind Performance Coach, Counselor

Email: [mark@nlpcoachingandleading.com](mailto:mark@nlpcoachingandleading.com) Phone +94773088643

Web: <http://nlpcoachingandleading.com/>



**NLP Practitioner Certification  
Training in Sri Lanka**

