

matically trigger the positive associations that go with the new statements.

THOUGHT HYGIENE ASSESSMENT TOOL

STATEMENT	DATA	THOUGHT DISTORTION	REFRAME
		<input type="radio"/> YES <input type="radio"/> NO	

According to the old cliché, golf doesn't build character so much as it reveals it. Of course, it's a cliché because it's true. The game is really a microcosm of who we are, because it provides such a variety of mental, emotional, and physical challenges.

I've had clients who come off the course after a tough loss and don't go through the process of metabolizing the disappointment in a productive way like Sara did in the example above. They would go on to miss four or five cuts in a row, because the thought distortion just snowballed. A bad putting day turned into "I'm a terrible putter." A few wayward drives turned into "I can't hit it with the big guys anymore." It can even happen after a *good* result. It doesn't take long for