

The Art of not reacting

It all starts here: in your mind

***You react to automatic behaviors, old fears, mental attitudes, emotional reflexes that you never truly chose...and, as long as you ignore them, they control you...it's not strategy, it's just a reflex.**

***When you play lawn bowls, you must learn not to obey your fear! Many players believe that what they see outside makes them doubt...but that's wrong! The real battle is the one that takes place inside, it's the emotion that accompanies what you must accomplish, that is, the shot you must do.**

***As soon as fear appears, most players think it's dangerous; if doubt arises, they think they're not ready; when tension rises and becomes uncomfortable, they want to flee because they take the emotion for a bad omen. While in reality, it's simply a very ancient biological signal.**

***Your brain is ancient; it's programmed for survival. It flees uncertainty, hates exposure to danger, avoids risk... this isn't a flaw, it's a protection to keep us alive...**

***But, in our modern world where predators have changed considerably, the slightest fear can become a dinosaur attacking our life and trigger a brain reaction as if the situation were real.**

***Never forget that if there's an emotion of stress, fear, or significant doubt, the brain, which doesn't differentiate between you playing lawn bowls and you standing on the edge of a precipice, will have only two possible reactions: fight or flight. These two reactions generate a huge amount of wasted energy that becomes unavailable to the player who needs to focus on the move to be made.**

***One might think the problem is emotion, that we should never be afraid or worried about a potential opportunity, but that's wrong! The real problem is our reaction to what's happening.**

***By automatically obeying our emotions without even acknowledging them, we reinforce them; they become all-consuming. You become someone who hesitates, who doubts, and they rob you of your ability to act with certainty.**

***Conversely, if you choose your reaction instead of letting yourself be overwhelmed, and if you breathe and observe before acting, your identity**

changes (you're no longer in reaction mode but rather in mobilization mode). You become capable of acting without waiting to feel completely confident.

***We must stop simply obeying our fears. In this regard, there is a fundamental law: "you do not become strong when you no longer feel fear, you become strong when fear no longer decides for you".**

***What's holding you back is your inner dialogue, that little voice that creeps in and nibbles away at your thoughts... this little voice makes your game very unstable, erratic, and inconsistent. You absolutely must learn to control it, because emotional stability throughout the game, significantly increases your chances of success. It becomes a battle against your automatic reactions.**

***From today onward, your task is simple: OBSERVE BEFORE REACTING, FEEL BEFORE ACTING, LISTEN WITHOUT SUBMITTING.**

***Every time you pause between emotion and action, you regain some of your power.**

***Most players try to reassure themselves by overthinking, while good players focus on structuring their thoughts instead. They avoid being held hostage by their emotional system by taking control of what's happening internally, not externally.**

***Next time, simply ask yourself this question before playing: am I truly choosing, or am I reacting? Stop letting stress hold you back and decide what action to take.**

The Millionaire Library (remarks overheard and adapted for the game of bowls)