

How To Socialize On The Course Without Ruining Your Golf Psychology

By [Lisa L Brown](#)

Unless you're about as popular as Jim Carrey in *The Cable Guy*, you golf with friends, leading you to wonder: 'Will my golf psychology suffer if I chat with my friends quite a bit?'

My answer is, 'It depends.'

You are unique, which means your golf psychology is also unique.

You may be a golfer who needs to be quite introverted on the course to keep your focus strong.

Or, you may find it easier to concentrate if you occupy your mind between shots.

I agree with pro David Graham on this issue.

Graham says you should experiment carefully to find out EXACTLY how socializing affects your golf mental game:

"Learning to focus your mental concentration at the moment of execution is an essential key to playing well consistently. Experiment--play a round where you don't socialize much.

The next round, be a bit more casual and extroverted. You may be puzzled about how not to concentrate between shots. The solution is, let your mind wander a bit. Think about other things while you are walking to your ball.

Relax.

Ponder the beauty of the course.

Engage in light conversation.

This will make the game seem a little less serious and will heighten your enjoyment."

The second question to ask yourself is whether you are extroverted or introverted.

Do you gain energy from being with people?

Or do you gain energy from being alone?

If you gain energy from being with people, talking on the course will probably fire you up.

But, if you gain energy from being alone, too much talking will sap your energy and concentration.

Finally: how do your friends affect your competitive instincts?

Do they fire you up or crush your confidence?

When Jill golfs with Marlow, her game plummets.

It's because Jill sees herself as better than Marlow, and if Marlow takes the lead, this devastates Jill's golf psychology.

Not all golfing buddies are created equal.

Be ruthlessly honest with yourself when answering these questions and you'll know how to keep your golf psychology strong.

Most golfers are crippling their [golf psychology](#) -- and their mental toughness -- without even knowing it.

Here's why: because the [golf psychology](#) they are using is incomplete...and if you don't know about the missing pieces hoarded by superstar athletes, you will not win under pressure no matter how hard you try.

My name is Lisa Lane Brown and discovering these missing pieces made me a three time World Champion in my sport. For over 14 years I've worked with thousands of amateur and elite athletes to help them win under pressure.

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