

How Hypnosis Can Mentally Prepare You for Competition in Sports

1. Managing Stress

Controlling stress is critically important for performance. Not all stress is bad and some tension can improve motivation and performance. But too much stress, or distress, can degrade performance, and cause exhaustion and frustration. I help you recognize and modulate when stress is too high, and to maintain calm while performing. To control stress and relaxation levels, you learn self-hypnosis to enter very intense and focused states of absorption.

2. Increasing Positive Self-Talk

What athletes say to themselves dramatically affects their performance. People say about 150 to 300 words a minute to themselves. Much self-talk is neutral, but negative thoughts such as, “I won’t play my best today,” can become self-fulfilling prophecies and hurt performance. I help you stop negative thoughts and replace them with empowering ones (i.e., “I am a winner”). I train athletes to hypnotize themselves so positive self-talk is more deeply encoded in their minds.

3. Developing Greater Concentration and Focus

I teach techniques to develop mental sharpness and toughness and reach peak performance. In hypnosis, these techniques imprint on a very deep level. With practice, these skills become automatic so you stay alert and focused. Athletes tell me it had been hard to concentrate throughout a game until they practiced the skills of focused concentration.