CONFIDENCE ON THE COURSE:

6 Ways EFT Helps You Relax, Learn and Enjoy Your Golf Game.

Welcome!

Whether you're just getting started with golf or still finding your rhythm on the course, this guide is for *you*. Golf can feel intimidating when you're not sure what you're doing, especially when everyone else seems more experienced. And yet guess what? You're already "good enough" to belong here.

You're already worthy of taking up space on the course, just as you are. And with a little help from Emotional Freedom Techniques (EFT), you can quiet the self-doubt, shift your mindset, and build confidence one swing at a time.

Let's explore how EFT can support you on your golf journey—no pressure and no perfection required!

Your Mind Is Your Most Powerful Club

You might think your success on the golf course depends mostly on your swing, stance, or grip—and yes, those things matter. And yet the truth is, the most important tool you bring to the course isn't in your bag.

It's your *mind*.

Your Mind is Like a Computer

Your conscious mind is the part of you that wants to learn, that sets goals, and says, "I really want to get better at golf!"

However, your subconscious mind is the one running the software. And unless that software is updated, it keeps playing the same old beliefs and habits on repeat—often without you realizing it.

So even if you consciously say:
"I want to feel more confident."
"I deserve to be here."
"I'm ready to improve."

...your subconscious might still be running programs like:
"I'm not good at sports."
"Everyone's watching me."
"I always mess up."

That's not your fault—it's simply old programming based on past experiences, messages you've picked up over time, and even emotions that got "stuck" when things felt hard or scary.

Why This Matters for Your Confidence

When you're learning something new (like golf!), your subconscious beliefs *matter* because they shape how you show up:

- **If you believe you'll mess up, you'll play tense.**
- **If you believe you're not "athletic," you'll second-guess yourself.**
- **If you believe you don't belong, you'll attempt to shrink yourself.**

That's where EFT (Emotional Freedom Techniques) comes in.

EFT = Mental Reset + Confidence Boost

EFT helps you gently clear those outdated beliefs so you can feel more relaxed, more open to learning, and more confident as you practice and play.

By tapping on specific points on the body while bringing awareness to what's bothering you, EFT helps your brain and body *let go* of the emotional charge. It's like updating your mental software so it can finally support the game—and the life—you want to create.

You don't need to be perfect to feel confident. You just need to stop believing the thoughts that tell you you're not ready.

What Is EFT (Emotional Freedom Techniques)?

EFT, sometimes called "tapping," is a simple, calming technique that helps you release anxiety, self-doubt, and other emotional blocks. It's a mix of gentle finger tapping on energy points on your face and upper body (kind of like acupressure) while focusing on the thoughts or feelings that are holding you back.

You don't need to "fix" yourself—you just need a way to gently let go of what's keeping you stuck so you can enjoy learning, stay present, and feel more at ease in your body and mind.

How Does It Work?

While it may sound new or unconventional, EFT is based on ancient, time-tested principles used for thousands of years in Traditional Chinese Medicine.

You can think of EFT as a kind of "emotional acupuncture," and yet without the needles.

Instead of puncturing the skin, EFT uses gentle tapping with your fingertips on specific acupressure points (primarily on the head and upper body). While tapping, you focus on a particular issue—like disappointment for example, or even a past event that still triggers emotion. This combination helps to restore balance to your body's energy system and shift the emotional charge attached to the memory or belief.

Why It Works

When we experience strong emotions—especially negative ones—they don't just live in our minds. They create energetic disruptions in the body. That "tight chest," "nervous stomach," or "flush of frustration" you feel? Those are physical expressions of energetic imbalance.

Unless those disruptions are addressed, they can become attached to the memory or belief that triggered them. Over time, they influence how we think, feel, and show up—not just on the golf course, and yet in every area of life.

EFT gently clears those disruptions.

When applied correctly, EFT helps "uncouple" the emotional intensity from the memory, pattern, or belief. It realigns the flow of energy through the body's meridians and most often reduces or completely removes the physical and emotional symptoms associated with it.

The Science Behind the Shift

We used to believe that our thoughts dictated our emotions—however, neuroscience now confirms it's a two-way street. Emotions and bodily sensations can actually *precede* thoughts. That's why you can feel a rush of anxiety before you even realize what's making you anxious.

Think about a time you were cut off in traffic. You probably felt a surge of adrenaline or anger *before* you had time to rationalize why it happened or tell yourself a story about the other driver. That bodily reaction happened first—and the thoughts came after.

That's the core of EFT's power: when you shift what's happening in your body, your thoughts shift too.

Real-Life Example: The Power of Perception

Let's say you meet someone at a networking event who seems cold and standoffish. Your body picks up on it and creates a feeling of discomfort. That feeling turns into a thought:

"She doesn't like me." You spiral into overthinking—wondering what you did wrong, wanting to win approval, or maybe avoiding the person altogether.

And yet later, a mutual friend introduces you, and the person lights up, explaining they were just shy and get nervous in big groups. Suddenly, your entire emotional perception changes—along with your thoughts about the interaction. You feel lighter, more open, even amused.

The emotional signal changed—and the thoughts followed.

EFT gives you the power to create that shift *intentionally and on demand.*

Whether it's fear on the first tee, annoyance with your swing, or the belief that "you're not consistent enough to break 100," EFT helps you release the emotional charge behind those thoughts—so your inner dialogue becomes more empowering, not more limiting.

Why Confidence Matters in Golf (Even More Than Skill)

Golf isn't just about technique—it's also about how you *feel* as you learn. Confidence helps you:

- Attempt new things without fear of failure
- Stay calm when things don't go as planned
- Learn faster by keeping your nervous system relaxed
- Actually enjoy the game instead of judging yourself the whole time

That's why EFT is such a powerful tool—it helps you build inner safety so you can show up on the course with confidence, curiosity, and compassion.

6 Ways EFT Helps You Build Confidence on the Course

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1. Calms Nerves and Performance Anxiety
Worried about holding up your group or hitting a bad shot? That's normal. EFT soothes those racing thoughts and helps you feel grounded so you can focus on the moment—not the pressure.
The belief we address: "I feel nervous."

2

2. Releases Fear of Judgment
Many women hold back on the course because they feel watched, judged, or like they don't belong. EFT helps clear that fear so you can enjoy learning and show up without apology.
Tapping can help instill: "It's safe for me to learn at my own pace."

3

3. Boosts Self-Belief and Encouragement
Your brain listens to everything you say. EFT can interrupt negative self-talk like "I'll never be good at this" and replace it with something more supportive like "I'm allowed to improve one step at a time."
Confidence is something you build—and tapping helps you believe that it's possible.

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4. Helps You Recover from Bad Shots Faster
Let's face it: golf will test your patience. One bad hole can spiral into a bad round—unless you know how to reset. EFT helps you quickly clear frustration so you don't carry it with you.
What you can learn: "Even though that shot didn't go well, I can move forward with ease."

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5. Encourages Joy and Playfulness
Golf doesn't have to be serious all the time. EFT can help reconnect you to joy, curiosity, and fun—so you stop overthinking and start enjoying the process.
Tapping into joy = better swings, more fun, and less pressure.

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6. Supports You Beyond the Course
The confidence you build through EFT doesn't just stay on the green. It can shift how you carry yourself at work, at home, and in life. You'll feel more grounded, more self-assured, and more able to speak up or do new things.
You're not just learning to play golf—you're learning to trust yourself.

Final Thoughts: You Deserve to Feel Good About Your Game

You don't need to be an expert to feel confident. You don't have to hit perfect shots to enjoy your time on the course. You just need the right tools to help you navigate the emotions that naturally arise when you're learning something new—and EFT is one of the gentlest and most powerful tools you can use.

For many women, golf isn't just about learning a sport—it's about learning how to be kind to yourself while doing something that stretches you. And that's not always easy. Most of us have been taught to measure our worth through performance, comparison, or perfectionism. That kind of pressure often turns into self-criticism:

- *"Why can't I get this right?"*
- *"Everyone else looks like they belong here but me."*
- *"I should be better by now."*

And yet self-criticism doesn't make you stronger. It doesn't speed up your progress. **It shuts you down.** It creates tension, fear, and shame—none of which belong in your swing, or in your golf story.

Here's the thing: **You don't need to berate yourself into improvement.**

You can love yourself there.

You can speak to yourself with kindness, patience, and compassion—and still become a better player. You can hold yourself to a higher standard while also giving yourself grace. And you can trust that the real win isn't just in a lower scorecard—it's in showing up with confidence, enthusiasm, and presence.

EFT helps you create that shift.

It clears the static of self-doubt, softens the edges of fear, and gives you access to the part of yourself that already knows how to grow beyond where you are.

So take a breath. Tap when you need to. Let go of the pressure to prove anything. You are not behind. You are not broken. You are on your way.

Keep going. Keep playing. And most of all—keep believing in yourself.

You belong out there. And you deserve to feel good while you're at it.

If you'd like to join a **Group Tapping** session to find out how to use EFT on your own, you can purchase and register on my calendar: https://rightyourrules.com/calendar/

Work with me privately where you'll learn how to integrate proven techniques like EFT with mindset teachings I've developed for women who are ready to thrive on and off the course.

You're always welcome to ask questions by scheduling a 20-minute call here: https://rightyourrules.com/calendar/