

## Positive Psychology

### 1) "Happiness"

-**Pleasure** is a simple dopamine hit that won't last. **Satisfaction** is a state of being that comes from delayed gratification.

-There is no happiness without sadness. Disappointment is a super fuel to growth and achievement. **We have to let the athletes feel disappointed, or even sad**, so that they can get the benefits of delayed gratification.

### 2) Motivational Structure

-Emotions are what they are. As much as we want to, we can not control them.

-Thoughts are the reactions to emotions and those are also tough to control.

-Actions are where we have our control. Response is controllable. Reaction is not.

-The only way to get past our emotions is to go all the way through the process:

**event->emotion->thought->action->new event**

### 3) Power of Negative Emotions

-What are your most painful swimming moments? How did you feel? How did you react?

-Repeated from above: Disappointment is a super fuel to growth and achievement. **We have to let the athletes feel disappointed, or even sad**, so that they can get the benefits of delayed gratification.

-Fragility vs Anti-Fragility:

Don't prepare for the worst you've been through, prepare to handle anything.

### 4) FEEL what you feel but DO what is best

-Emotions are unconscious and uncontrollable

-The first step is to recognize the emotion and NAME IT.

-Honest thoughts are the only way through. Most of us cannot fake it till you make it.

### 5) Overthinking vs Underthinking

-You can't "stop thinking" or "think less".

-We often get "stuck" on a negative thought.

-If we're honest with ourselves and see that thought all the way through, it's not as bad as we thought it was when we were stuck. Especially when it comes to sports, which we all love because of the joy they can bring.

-Keep thinking until you get to a productive spot

-Our emotions are much bigger than our thoughts. We can't control them so we have to think through them.

### 6) Opportunities vs Problems

-The difference between "I have to" and "I want to" is that you will not enjoy anything you "have to do". It's a tool that we all use, rooted in our genetics when we had to do a lot of things to survive. That's no longer the world we live in.

-We often get ourselves to get through rough times by saying we "have to". But we don't really have to. We need to get to a place mentally where we get to or we want to.