

# Emotional Function

In striving to understand how we humans contend with competition as individuals and as team members, I read more on emotional function and it seems these aspects below are to be constantly observed, understood and contended with in competition.

- Arousal and control,
- Behavioural issues,
- Choking,
- Distressed
- Emotional control,
- Ego issues
- False expectations
- Fear of failure
- Form slumps,
- Goals, and Goal setting,
- Learning techniques,
- Mistakes,
- Optimism,
- Pessimism,
- Pressure,
- Recovery,
- Stress.

It appears we humans have varying levels of emotional literacy, emotional intelligence and thus personality.

Not one formula, nor answer, fits all, because we are different.

I read that research shows the difference between winning and losing is more psychological (mental) than physical (technical skill). Source Hodge, 2004.

What we bowlers can do is work more on the mental skill through structured training sessions.

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