



TRIGGERS



Why Emotions Run High in Sports

I have an old video of a soccer game from 7th grade where my dad's voice is screaming, "GO BABY!" over and over. Parents, players, and coaches all have intense emotional reactions during games, sometimes losing control. But these reactions often come from something deeper - our unconscious mind.

These reactions are called triggers - when something in the present stirs up past emotions or traumas. Triggers can be big (like loud noises for veterans) or small (a bad call from a ref). They create emotional and physical responses, like tightness in the chest or a knot in the stomach. Recognizing triggers helps us understand what's beneath the surface, giving us control over our reactions.

Try This: Top Three Triggers

Identify three things that trigger you (e.g., a bad call, a parent's comment, an opponent's trash talk). For each, break it down:

1. Thought: What goes through your mind?
2. Emotions: What feelings arise?
3. Physical Sensations: What happens in your body?

Self-awareness helps you respond with curiosity instead of reacting emotionally. Start observing your triggers and take control of your mindset.

If these questions sparked some curiosity and understanding for you, pick up a copy of **"FROM GOOD TO GREAT ATHLETES JOURNAL"** and dare dive deeper. **3A Athletics** exists to transform the landscape of youth sports into a place where we all thrive. See you on the field.



www.3athletics.com

