



DOUBTING SUCCESS

I'm sure that you can remember a time in your life when you were very much afraid of doing something or about what was about to happen to you. It was terrible, wasn't it? Your anxiety level went way up and your pulse quickened. You may have felt flushed or even "woozy". Your heart was pumping such that you didn't know if it would explode out of your chest. You didn't know if you were going to be able to handle whatever it was. You doubted yourself and almost "caved in" to the fear. But instead, something very different from what you may have expected happened. It was like a shot of adrenaline was introduced and you "blocked out" the feelings of fear and replaced them with a sense of "having to do what you had to do". You didn't think about it...you just DID IT! Somehow you managed to gain the courage to deal with that situation probably in a manner which surprised but later gratified you if you took the time to realize what you had accomplished.

But perhaps you've forgotten about that episode and put it in the back of your mind. I'm sure that there are other situations that arise present day which bring about the very same feelings. There's something about our feelings and minds that most people don't realize. Once we've experienced something and handled it successfully, if you can recall the feelings that allowed you to accomplish whatever it was, you'll be able to "reconstruct" those feelings once again. Although your mind may experience doubt over your ability, that recollection can change the course of your mind taking you down that frightened, negative, doubtful, unconfident road. Instead, you can become successful once again and add to your already growing repertoire of successes.

Probably one of the reasons you can't recall your feelings very easily is because you weren't taught about the importance of feelings in dealing with your life. Rather, you were taught to THINK. In fact, some of the "messages" that you received may have taught you to disregard your feelings in deference to your thinking. But now, you may realize that you have another tool...a tool that will never desert you because your feelings are able to be trusted. At first, you may have a hard time doing that but with practice, it will become easier and, ultimately, become "second nature" and you won't have to doubt your success again.

A Brief Biographical History

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.