

MENTAL HAZARD ASSESSMENT SCALE

Respond to each of the following statements by filling in the space to the left with either a T, F, or N. Go through the items quickly, entering the response that first occurs to you.

FILL IN:

T if you believe the statement is true most of the time.

F if you believe the statement is false most of the time.

N if you cannot determine whether the statement is true or false.

- ___ 1. I am not the type of person who worries about many things.
- ___ 2. It doesn't take much to tick me off.
- ___ 3. It's not my style to get depressed or down for very long.
- ___ 4. While engaged in conversation, I worry about saying something that will embarrass me.
- ___ 5. I enjoy activities that are planned as opposed to doing things spontaneously.
- ___ 6. I'd be a much better golfer if I enjoyed practicing more.
- ___ 7. When I am having an especially good round, I don't expect it to last.
- ___ 8. After blowing an easy scoring opportunity, I compose myself pretty quickly.
- ___ 9. I get down on myself very easily and very often.
- ___ 10. When I have a poor round of golf, I feel embarrassed and ashamed.
- ___ 11. I am sometimes described by friends as being free-spirited.
- ___ 12. When I have many small tasks to do, I sometimes do nothing at all.
- ___ 13. It is not unusual for me to feel physical signs of nervousness.
- ___ 14. I often feel like throwing my club.
- ___ 15. When in a slump, I feel like giving up the game altogether.
- ___ 16. I seldom worry about how others see me.
- ___ 17. I tend to overanalyze my golf swing.

- ___ 18. I see myself as having perfectionist qualities.
- ___ 19. It is extremely rare for me to have problems sleeping the night before a golf outing.
- ___ 20. I have often been described as having a short fuse.
- ___ 21. I am usually upbeat and cheerful.
- ___ 22. It matters to me that others are impressed with my game.
- ___ 23. I have more faith in logical conclusions than in intuition.
- ___ 24. I don't spend much time working on the weak areas of my game.
- ___ 25. Close friends have told me that I'm a "worry-wart."
- ___ 26. I have little patience when play gets slow.
- ___ 27. A bad round of golf can ruin my entire day.
- ___ 28. I feel embarrassed when someone else behaves in a foolish manner.
- ___ 29. I tend to "freeze up" when I stand over my ball.
- ___ 30. I have little patience for going through a routine before every shot.
- ___ 31. Waiting on the first tee, I often feel physical signs of anxiety.
- ___ 32. I see myself as patient and tolerant.
- ___ 33. If I'm going to blame anyone for a mishap, it'll probably be myself.
- ___ 34. It's hard for me to feel good about my game when I play with better golfers.
- ___ 35. I'm a player who relies more on feel than on mechanics.
- ___ 36. It's extremely unusual for me to miss a day of work.
- ___ 37. I am definitely uptight too much of the time.
- ___ 38. Some golfers are so inept, they have no right being allowed on a golf course.
- ___ 39. When I'm playing poorly, a sinking, almost sick feeling comes over me.
- ___ 40. Before an important round, I worry about getting off the first tee in a decent fashion.
- ___ 41. It is better to rely on thoughts than on feelings.
- ___ 42. When I'm having a poor round, I tend to rush up to my ball and just whack it.
- ___ 43. It usually takes me a few holes before I settle down and play decent golf.

- ___ 44. If someone cuts me off in traffic, I want to get back at that person.
- ___ 45. I am dissatisfied with many parts of my game.
- ___ 46. I am seldom intimidated by other people.
- ___ 47. I carefully consider all my options before taking a shot.
- ___ 48. I'm quick out of the gate, but often have trouble following through on projects.

Now transfer your answers to the response sheet.

The response sheet is located on the following page. Take note of the way items are numbered, making sure to enter your responses across the page rather than down each column. On top of each column, you will see the letters, T, N, and F. Make sure that you check the box that corresponds to the response that you have placed in the space to the left of each of the above items. Ignore the numbers located inside of the boxes you will be checking. They will be used for scoring the scale after you have completed transferring your responses.

MENTAL HAZARD ASSESSMENT SCALE

RESPONSE SHEET

T N F		T N F		T N F		T N F		T N F		T N F			
1	3 2 1	2	3 2 1	3	1 2 3	4	3 2 1	5	3 2 1	6	3 2 1		
7	3 2 1	8	1 2 3	9	3 2 1	10	3 2 1	11	1 2 3	12	3 2 1		
13	3 2 1	14	3 2 1	15	3 2 1	16	1 2 3	17	3 2 1	18	1 2 3		
19	1 2 3	20	3 2 1	21	1 2 3	22	3 2 1	23	3 2 1	24	3 2 1		
25	3 2 1	26	3 2 1	27	3 2 1	28	3 2 1	29	3 2 1	30	3 2 1		
31	3 2 1	32	1 2 3	33	3 2 1	34	3 2 1	35	1 2 3	36	1 2 3		
37	3 2 1	38	3 2 1	39	3 2 1	40	3 2 1	41	3 2 1	42	3 2 1		
43	3 2 1	44	3 2 1	45	3 2 1	46	1 2 3	47	3 2 1	48	3 2 1		
H1		H2		H3		H4		H5		H6			

Calculate Your Scores

For each of the six columns, add up the eight numbers that are in the boxes that you have checked. Enter six totals in the boxes labeled H1 through H6. Your scores will range from eight to twenty-four.

Transfer Your Score to Your Mental Hazard Profile

Take each of the six scores for H1-H6 and enter them in the appropriate squares which are located across the top of the Mental Hazard Profile, found on the following page. Circle the number in the column which runs down from each of the six scores.

MENTAL HAZARD PROFILE

		HAZARD ONE	HAZARD TWO	HAZARD THREE	HAZARD FOUR	HAZARD FIVE	HAZARD SIX
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		21-24	21-24	20-24	21-24	22-24	22-24
ELEVATED RANGE	24		20	19	20	21	21
	23		19	18	19	20	20
	22		18	17	18	19	19
	21		17	16	17	18	18
	20		16	15	16	17	17
MODERATE RANGE	15	15	14	15	16	16	
	14	14	13	14	15	15	
	13	13	12	13	14	14	
	12	12	11	12	13	13	
LOW RANGE	11	11	10	11	12	12	
	10	10	9	10	10	10	
	9	9	-	9	9	9	
	8	8	8	8	8	8	

Interpreting Your Mental Hazard Profile

LOOK AT THE PATTERN OF YOUR SCORES ON THE MENTAL HAZARD Profile. Mental hazard scores that fall in the elevated range of the table indicate problem areas. Scores falling in the low range of the table represent areas that are not particularly troublesome. Mental hazard scores in the moderate range indicate that you experience as much difficulty with the mental hazard in question as did the average person who took this test as part of the research sample. The data generated by this sample are summarized in the Appendix, at the back of this book.

Although the range of scores on the Mental Hazard Profile is designated as either elevated, moderate, or low, it is important to understand that this range is actually a continuous scale, not simply broken into three separate and independent parts. For this reason, make sure to consider whether the scores fall in the upper or the lower portion of their designated range. For instance, a score of 15 as opposed to 12 for Hazard One should not be interpreted as simply falling into the moderate range. Likewise, a score of 22 and one of 15 for Hazard Three, although both are located in the elevated range, have very different meanings.

The MHAS and Personality

PERSONALITY REFERS TO A SET OF STABLE TRAITS THAT PEOPLE predictably display over the course of their lives. Some people are worriers, others more laid-back. Some are quiet and withdrawn, others gregarious and extroverted. Some are open to new experiences and impulsive, others need to reflect on matters and tend to resist any kind of novel activity. Personality tests measure these long-term behavioral tendencies.

Even though the MHAS bears a good many similarities to these types of test instruments, it is *not* designed to serve the function that a comprehensive personality test accomplishes. Although the type of questions might be similar to those found on personality tests, the MHAS examines only those personality qualities that I have observed during the course of my experience as being tied into golf performance. For example, one per-

sonality trait that *is not* measured by the *MHAS* is the degree to which an individual is introverted or extroverted. One need not look beyond a comparison of the styles of Ben Hogan and Lee Trevino to be convinced that golf can be played successfully by either a quiet and withdrawn person or one who is gregarious and outgoing.

Can the Golfer Be Separated from the Person?

IT IS A BASIC PREMISE OF THIS BOOK THAT PEOPLE PLAY GOLF IN A manner not unlike the way they live their lives. When you took the *MHAS*, you probably noticed that half of the questions specifically pertained to golf and the other half to nongolf matters. It is therefore possible to score in the elevated range for one of the hazards on the basis of questions that apply exclusively to golf or relate only to nongolf characteristics. After reviewing the data, I have learned that although this is possible, it is unlikely. By analyzing the golf half against the nongolf half of the test, I have determined that approximately 87 percent of the research sample who registered scores in the elevated range for any of the six hazards reported experiencing difficulty with the hazard both on and off the golf course. Even if you are in the 13 percent who might, for instance, experience anxiety, anger, or mood swings on the golf course but not in your everyday life (or vice versa), you will still benefit from a careful probe of the chapter which details the elevated scores on your Mental Hazard Profile.

How to Proceed with This Book

THE NEXT SIX CHAPTERS DETAIL TECHNIQUES AND IDEOLOGIES FOR overcoming each of the six mental hazards. Even if you discover that you are high on three of the hazards and low on the other three, you will still derive benefit by reading all six of the hazard chapters. Your Mental Hazard Profile will inform you of which hazards are elevated as compared with most of the people in the research sample. This does not mean that the hazard in question presents you with *zero* difficulty. For instance, a low score for Hazard One does not necessarily mean that you never experi-

ence any problems with anxiety. It simply means that you have less of a problem with it than might be regarded as average.

Particular attention should be paid to those chapters that pertain to the hazards for which you recorded scores in the elevated range. Mental hazard scores in the moderate range, particularly in the upper half of this range, indicate that the information provided in the corresponding chapter will also prove to be very helpful.

Golf's Mental Hazards can be worked at and improved upon. After you have read this book and taken a few months to employ the suggestions for overcoming the various mental hazards, self-administer the *Mental Hazard Assessment Scale* a second time and compare the results with your current scores. At the end of the book you will find a second blank *MHAS* Response Sheet and Mental Hazard Profile form to allow you the opportunity to self-administer this retest.