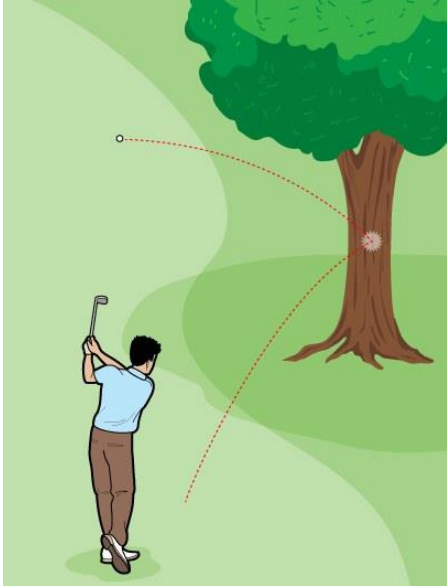


How to survive a nightmare round



There are days when it quickly becomes apparent that messages from your brain aren't reaching your golf clubs. Add to that a spate of unprecedented bad luck, and what you have is a nightmare round. You'll get through this. The key is to treat this dark day with humor, humility and some amount of acceptance. Confront it. Learn from it. Make a few mental notes on how your swing feels and if possible, where your misses are going. Slow down your swing and see if you can find a "safety shot" that makes your fozzles at least playable. Shift your attention to things you don't normally think about—the great camaraderie in your foursome, perhaps, or maybe the beauty of the golf course. Whatever you do, don't get angry. And never double the bet on the back nine.