

SELF-AWARENESS FOR ALL

MASTER of your EMOTIONS

Attitude: the 5th skill



with the support of



An approach for all

This book was written to stimulate interest in self-awareness, and to highlight the connection between well-being and performance. It provides practical information on how to manage our emotions and our thoughts, using multiple approaches.

It is aimed at coaches, young players, educators and parents, in football but also in sport in general. It provides tools to help us exercise self-control in difficult situations.

Blue chapters

For everyone

Green chapters

For the youth

Purple chapters

**For parents
and coaches**

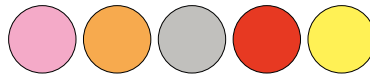
From theory to practice



A coach present throughout the book with international coaches and players who share their experiences with you.

Listening, self-esteem, stress, anger, relationships...

Direct access to 27 specific themes.



63 exercises

...to put into practice!

EDUCATION
4PEACE
EMOTIONS & ATTITUDE

Created in 2002, **Education 4 Peace (E4P)** is a Swiss non-for-profit Foundation whose mission is to inspire and support education stakeholders, decision makers, institutions and international organisations to promote self-awareness, listening and empathy in their educational approach for youth and their educators.

The Master of your Emotion project started in 2008 with the support of the UEFA, through its Football and Social Responsibility programme RESPECT. An E4P initiative and editorial collection, designed to promote **Attitude** as the **fifth skill** in football.

www.e4p.org



Part 1: EMOTIONS RUN HIGH IN FOOTBALL!

Controlling your emotions = controlling yourself

1.1 Football, emotions and well-being 9

- Football is intense! 10
- Our emotions can get the better of us 13
- Emotions and well-being 15
- Managing your emotions is a skill 16

1.2 How emotions affect performance 19

- Impact on energy levels 20
- Impact on skills and tactics 21
- Impact on concentration and motivation 22
- Impact on behaviour 23

1.3 Learning to master your emotions – it’s like learning to master the ball! 25





- Practice makes perfect 26
- Performing well in all areas of life 28

Part 2: HOW CAN WE DEVELOP OUR EMOTIONAL INTELLIGENCE?

2.1 Understanding how emotions work 33

- Our internal weather system **1** 34
- The role of emotions 36
- Our three brains 37
- A palette of emotions 38
- Emotions and thoughts 40
- Emotions and needs 42
 - Human needs 45
 - Emotions tell us about our needs **2** 50
- Anger and violence 54
- Finding out more about needs and requests 56
- Our emotional glass 60

Exercises

-  Know yourself better
-  Know how to listen and express yourself to be heard
-  The attitude of champions
-  Parents and coaches
-  Feeling good

2.2 Developing practical tools 63

Tool No 1: Self-awareness **3** 64

- Developing your inner observer, being centred 66
- Releasing tension **4 5 6 7 8** 68
- Conscious breathing **9 10 11 12 13 14 15 16** 72
- Creating a protective bubble **17** 76

Tool No 2: Thought awareness **18** 78

- The thoughts you have about yourself **19 20** 79
- Managing the past and the future and living in the present **21 22 23 24 25 26 27 28** 82

Tool No 3: Conscious communication 86

- Knowing how to say no to something and to voice your anger in a non-violent way **29 30 31 32** 87
- Giving praise **33 34 35 36 37** 96
- Listening with empathy and taking criticism another way **38 39 40 41** 98

2.3 Putting the theory into practice on the pitch 103

- Your relationship with your team, your coach, your parents, the referee and the other team **42 43 44 45 46 47 48 49 50** 104
- Learning how to be a good winner and a good loser **51 52** 114
- Where to start? **53 54** 118

Part 3: PARENTS AND COACHES

3.1 Teaching today 123

- Our teaching objectives 124
- Modern authority 126
- Respect, violence, self-esteem and relationships 128
- Competition: a double-edged sword 136

3.2 The four keys to respectful communication for well-being and performance 139

- Our habits and their effects 140
- Listening properly **55** 142
- Giving praise **56** 146
- Being respectful when we’re not happy with something **57** 148
- Hearing the suffering behind the violence **58 59** 150

3.3 Teaching with respect to teach respect 157

- Being a role model 158
- Learning to communicate **60 61 62 63** 160
- Respect on the pitch and in life 166

27 books in 1

Another way to read this book!

Affirmation

86 to 96, 111, 146 to 149

Anger and Violence

14, 54, 55, 91 to 95, 100, 101,
128 to 132, 150 to 155

Authority

126, 127

Being centred

21, 64 to 77, 82, 83

Breathing

72 to 75

Coaches/Teachers/Parents

123 to 129, 134 to 137, 157 to 167

Communication

139 to 143, 146 to 151, 160

Competition

136, 137

Confidence and Self-esteem

45, 46, 48, 79, 80, 81, 85,
114, 115, 133 to 135, 146, 147

Emotional glass

60, 98, 153

Emotions

16, 17, 20, 21 to 23, 34, 36, 38, 39,
40, 42, 50, 51, 60, 61

Energy

20, 74, 75, 82, 84,
94, 95, 104 to 107

Fear

12, 16, 36, 37, 39, 40,
64, 65, 73 to 77

Judgements

79, 90, 96, 100, 101,
148, 149, 153, 154

Listening

98, 99, 142 to 145, 150, 151

Making a request

50, 51, 59, 90, 148, 149

Motivation

19, 22, 79, 84, 85, 146, 147

Needs

42 to 51, 56, 61

Performance

17, 20 to 23, 27 to 29, 45, 78, 79,
83, 104, 105, 146, 147, 160

Referee

12, 23, 40, 41, 112, 119

Relationships

86, 104, 106 to 109,
112, 113, 118, 140 to 143

Responsibility

40, 41, 78, 79, 84, 91, 92,
104 to 107, 136, 137, 158, 159

Stress

21, 37, 60, 70, 75, 82

Team

23, 105 to 107, 113, 114

Thoughts

40, 41, 78, 79, 80, 82 to 84

Values

80, 81, 114, 115, 132 to 135

Victory and Defeat

114 to 117, 132



63 opportunities to progress

Know yourself better

- 1 Spot your emotions 35
- 2 Spot your needs 53
- 3 Develop your self-awareness 64-65
- 18 Focus your attention 78
- 21 Transform your mistakes and store them 82
- 22 Approach a challenge with confidence 82
- 23 Leave your worries in the dressing room 83
- 24 Shut the door on each disappointment 83
- 25 Mental image: Strength 83
- 26 Mental image: Calm 83
- 27 Find your motivation 84
- 51 Living a victory 114
- 52 Living a defeat 117
- 53 On the pitch 118
- 54 In a match 119

The attitude of champions

- 4 Feeling good in your body
and good in yourself 68
- 5 Tensing and relaxing 68
- 6 Awareness of your body in movement 69
- 7 Cleansing your emotions 70
- 8 Fall asleep easily 71
- 9 Conscious breathing 1 72
- 10 Conscious breathing 2 72
- 11 One minute re-centring 72
- 12 Feel and amplify your breathing 73
- 13 Emergency re-centring 73
- 14 Inhaling when you need energy 74
- 15 Exhaling when you want to calm down 74
- 16 Quickly find your calm 75
- 17 Create your bubble 76
- 48 Play cool-headed 112

Feeling good

- 19 Stop judging yourself 79
- 20 Strengthen your self-esteem 81
- 28 Build your self-confidence 85
- 56 Learn to mention positive things 147

Know how to listen and express yourself to be heard

- 29 Conscious communication 1 89
- 30 Conscious communication 2 89
- 31 Asserting yourself with respect 90
- 32 Letting off steam 94
- 33 Learn to see what is going well 96
- 34 Say it while talking about you 96
- 35 Giving praise 1 97
- 36 Giving praise 2 97
- 37 Giving praise 3 97
- 38 Ask for the listening you need 99
- 39 Practice being a good listener 99
- 40 Hear the needs behind criticism 1 100
- 41 Hear the needs behind criticism 2 101
- 42 Observe how you function 104
- 43 Observe how your team-mates function 105
- 44 The relationship with yourself 106
- 45 The relationship with your team 106
- 46 Contribute to a good atmosphere 107
- 47 Practice to say what you like
and what you don't 108
- 49 Your relationship with the other team 113
- 50 Your relationship with the spectators 113

Parents and coaches

- 55 Listening properly 143
- 57 Learning to talk about ourselves 149
- 58 Learning to listen empathetically 151
- 59 Escaping the spiral of violence 155
- 60 Everyday relationships 161
- 61 Dealing with aggression 161
- 62 Paying attention to ourselves 161
- 63 Learning to handle intense emotions 161



EMOTIONS

RUN HIGH IN FOOTBALL!



“Self-discovery comes when man measures himself with an obstacle”

Antoine de St Exupéry

1.1

Football, emotions and well-being

page 9

1.2

How emotions affect performance

page 19

1.3

Learning to master your emotions – it's like learning to master the ball!

page 25

We all want to be happy and we all want respect,
for ourselves and those around us,
in life as well as on the pitch

But sometimes it's easier said than done ...

What do I do when someone
doesn't respect me? How do I get
them to show respect without
resorting to violence?



What do I do when I get so
angry I can't control it?

What about you? Do you ever see red,
want to explode or actually lose control?

Learning to be happy

We learn a lot at school, things that help us to progress and get a job.

The same is true of our spare time. We like to learn to do things that help our development and are fun.

But until now, far too little attention has been paid to teaching us how we function and what we can do to feel good about ourselves and others. This is something we have to learn on our own, by trial and error.

Yet knowing how to be happy and how to get on with others is just as important as all the rest.



"In sport, it is important not only to develop your technique, but also to learn how to adapt your play according to the situation. It is the same in life. It is important to learn not only to systematically acquire the knowledge that has been established so far, but also to use that knowledge to gain well-being.

It has been discovered that facing oneself and developing one's self-awareness, as well as understanding and accepting others, are the keys to fulfilling this."

Masao Nakayama
Professor of Sport Psychology,
University of Tsukuba

Times are changing.

We now have this knowledge, and it's available to everyone. We now talk about well-being, emotional health and so on.

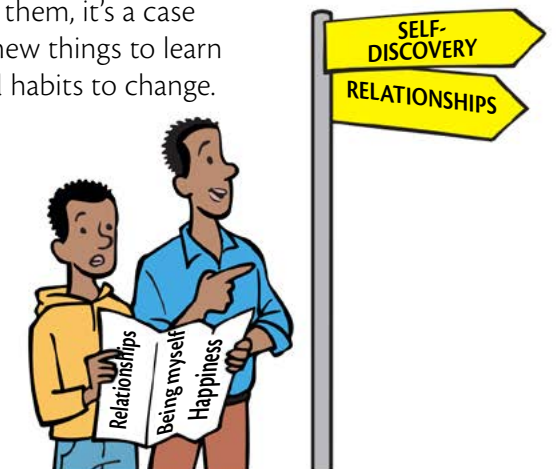
Young people today have the privilege of being able to acquire such knowledge early in life.

Adults are making these discoveries too.

For them, it's a case of new things to learn and habits to change.



SELF-
DISCOVERY IS
ONE OF THE GREAT
ADVENTURES OF THE
21ST CENTURY.



HOW CAN WE DEVELOP OUR EMOTIONAL INTELLIGENCE?



“The empire of man is internal”

Antoine de St Exupéry

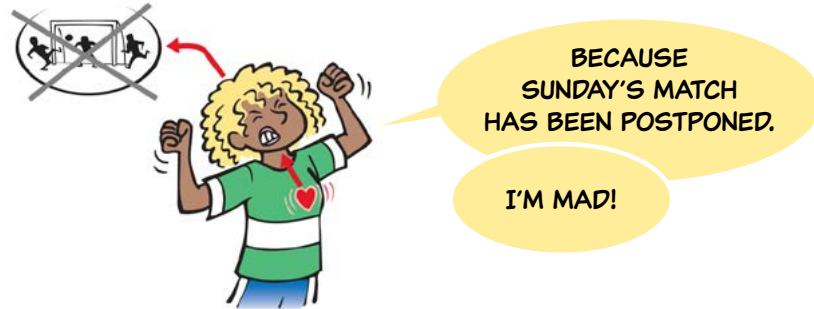
2.1 Understanding how emotions work
page 33

2.2 Developing practical tools
page 63

2.3 Putting the theory into practice on the pitch
page 103

Our emotions tell us what is important to us...

We think that how we feel has some external cause.



But in fact, even if an emotion is triggered by an external event, how we feel comes from something inside us.



This becomes clearer when the same external cause triggers different feelings.



And suddenly, this completely changes our way of thinking and talking about things. It's one of the keys to changing from a reptilian footballer into a thinking footballer.



...they tell us what we really need

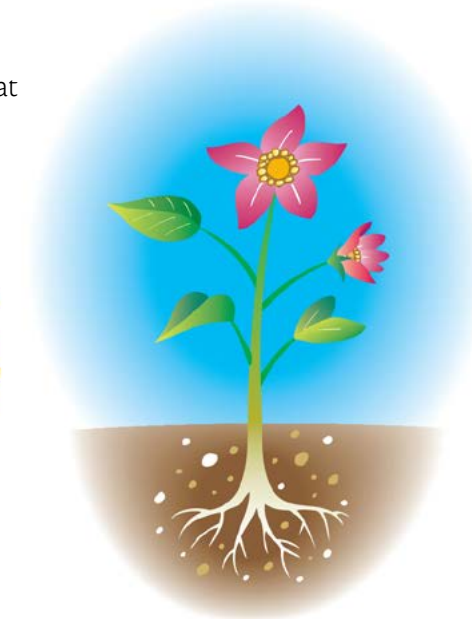


EVERY LIVING BEING NEEDS CERTAIN THINGS TO SURVIVE AND FLOURISH, AND WE HAVE TO PAY ATTENTION TO THESE BASIC NEEDS.

Also in nature, everything that lives has needs. For example, a plant needs:



light, heat



food



water

All plants have these needs, but not to the same extent. Each plant is unique: some need more shade, others more sun; some need a lot of

water, others less. A gardener pays attention to each plant's needs and to the signs they show.

If a plant's needs have been met, it shows and the plant thrives.



If its needs have not been properly met, this also shows.

Washing away stresses and strains

to release tension and sleep well

Cleansing your body

If you've been playing football, have got all sweaty and go to bed without taking a shower, you don't feel good and don't sleep well.

But if you have a good shower, you feel better when you go to bed and you get a better night's sleep.

If you're muddy, you lather up and have a good scrub-down. If you're not too dirty, a rinse-down will do.



7 Cleansing your emotions

We build up a lot of tension over the course of the day due to the stresses of everyday life. If you go to bed like that, you'll probably not sleep as well as you could.

A relaxation session before going to bed helps us to release tension and helps you sleep better.

If you're very tense, whether physically or mentally (you might be anxious or stressed the night before a big game, for example, or over-excited), try the tensing and relaxing exercise.

(See page 68)

If you're just a little bit tense, gentle movements will probably be enough. (See page 69)



8 A total relaxation session to help you get to sleep:

When you're in bed, after you've washed away your stresses and strains with one of the two exercises we've just seen, you can continue your relaxation:

- feel your abdominal breathing.

Put your hands on your stomach, just below

your belly button, and focus on what you can feel (your hands touching each other, the feel of your clothes or skin, the rise and fall of your stomach as you breathe in and out).

- Let a feeling of calm, well-being and accomplishment descend over you. Notice how it feels. Breathe in that sense of well-being, and then breathe out gently, imagining the well-being circulating inside you, around every part of your body.



HAVE YOU NOTICED THAT IF YOU HAVEN'T SLEPT WELL, YOU'RE MORE IRRITABLE AND YOU DON'T PLAY SO WELL?

KNOWING HOW TO SLEEP WELL WHATEVER'S GOING ON IS ONE OF THE KEYS TO WELL-BEING, SELF-CONTROL AND PERFORMANCE.



PARENTS AND COACHES

This part is specifically for you. Please take the time to read through the other parts, which have been written for the youngsters, because they include a lot of information that's also important for you and won't be repeated here.



“All grown-ups were once children although few of them remember it”

Antoine de St Exupéry

3.1

Teaching today

page 123

3.2

The keys to respectful communication for well-being and performance

page 139

3.3

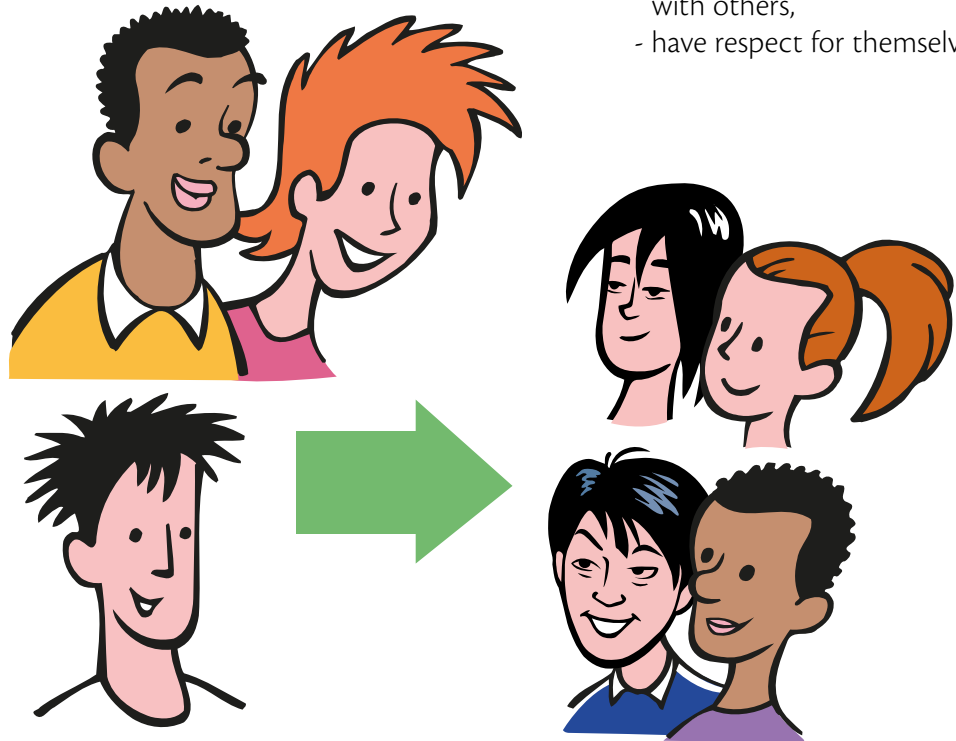
Teaching with respect to teach respect

page 157

Our teaching objectives

Whether we're parents or coaches, we want the best for our children or the children in our care. Broadly speaking, we all have the same teaching objectives, namely that the children:

- are happy,
- are self-confident,
- are independent and responsible,
- find their place in life,
- acquire the skills to be successful in life,
- are comfortable in their relationships with others,
- have respect for themselves and others.



CAN YOU RELATE TO THESE OBJECTIVES?

WE ALL HAVE VALUES THAT ARE ESPECIALLY IMPORTANT TO US, THAT WE HOPE WILL SHAPE OUR LIVES AND THAT WE WANT TO PASS ON.

WHAT ARE YOURS?



Football is one way to meet your teaching objectives.

We want young people to enjoy:

- the ball and the game,
- being with their friends,
- the general atmosphere.



We want this to help them to:

- feel fulfilled,
- express themselves through an activity,
- put their energy to good use,
- discover what they're capable of,
- develop their skills,
- develop their self-confidence.



We want them to learn life skills:

- the value of effort, perseverance,
- the value of team spirit,
- respect for themselves and their bodies,
- respect for others,
- respect for rules,
- respect for material things and places.



SO HOW SHOULD WE ACT ON A DAY-TO-DAY BASIS IN PURSUIT OF THESE OBJECTIVES?

LET'S HAVE A LOOK AT A FEW IDEAS!

