

# Ego Interference - The Amygdala Hijack How To Calmly Win More Close Matches

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**Ego interference (choking) is when** your brain suddenly hijacks your natural & trained abilities to play with calm confidence — usually on what you perceive as big points.

## What Happens in Your Brain

Under pressure, the amygdala (your brain's alarm system) triggers a fight-or-flight response. In tennis, this often shows up in two ways:

- **Fight Mode:** You fight the ball at contact. You swing AT the ball. Not through the ball. You tense up, grip tighter, and try to muscle or force the shot → short, tight swings that produce costly errors.
- **Flight Mode:** You panic and try to escape out of the point quickly. You rush to end the point asap fearing staying in the point long enough until you get a wide open court to hit into. This leads to low percentage panicked shot choices and costly errors.

Both are versions of **Ego Interference** — your emotional brain overriding your confidence for smart shot choices and smooth strokes.

## Common Signs of Amygdala Hijacking

- Death grip on the racquet.
- Rushed strokes that create inconsistent timing with the ball.
- “Hitting at” the ball instead of flowing through it.
- Tight facial muscles, tight arms, and heavy legs.
- Making errors on shots you normally never miss.

## How The Top Players Minimize The Ego Interference (Choking) Response

Even the top players choke from time to time. But it's rare because ...

They control their thinking between all points in 4 steps ... no matter the score.

It's their 25 second opportunity to play the next point with clarity & confidence:

1. Emotional control over the outcome of the last point.
2. 3 deep breaths to physically recover and clear out the mental slate.
3. Plan how to start the next point without an end result (win or lose) in mind.
4. Commit to #3 with a phrase that produces a positive “*Alright. Here we go.*”

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### **FREE - How To STOP Feeling Rushed During Points & Making Panicked Errors**

Here's my #1 go-to *tangible* method I use in matches when I'm not playing well.

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