



Golf Longevity AHA Tool #2

Assessment for Heightened Awareness

“Social Tool: Personal Boundaries and Golf”

Purpose: This tool is designed to help you navigate certain golf interactions that sometimes arise. There are no right or wrong answers; however you may discover alternative ways of handling issues that have been difficult for you in the past. This for *your eyes only* unless you choose to share it with a friend, relative, or guide.

In any situation, it's important to be clear why you are playing golf that day. It's your job to make sure you benefit from your round. This may also help you avoid allowing the behavior of others from ruining your golf experience.

Instructions: This should take you less than 15 minutes. This assessment tool is for golfers of all skill levels. Blacken, circle, or check one answer for each question.

Tips: Attempt to answer quickly with your first response. Please do NOT overthink. Choose the BEST answer amongst those listed. If absolutely none of the listed answers resonate with you, please put your answer on the “Other” line.

Name: _____

Date: _____

1). What are YOUR “Top 10” reasons (in order) for playing golf?

Please refer to question #37 in the AHA Skills Tool for this list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2.) When I play golf

- I prefer to drive the cart.
- I prefer to be the passenger in the cart.
- I prefer to walk whenever a golf course permits walking.
- I'll do whatever the group person wants me to do.
- I never really thought about it.
- Other: _____

3.) When I play golf

- I do not like to start before 9 AM.
- Ideally I like to tee off between 11 and 1 PM.
- I do not like to start after 2 PM.
- I just play whenever the others want to play.
- Other: _____

4.) When my cart partner asks if I mind if she smokes

- I respond, "ARE YOU SERRRRRRRRRRIOUS? Of course I mind."
- I don't like to be around cigarette smoke but respond, "Sure, go ahead".
- I try to explain how bad smoking is for her health.
- I calmly respond, "Thank you for asking, yes I do."
- I calmly respond, "Yes, I'm so sorry. I do mind. Then you list several reasons why -- one of which is that smoke gives you a headache.
- Other: _____

5.) With regards to slow playing partners

- I am totally distracted and my game suffers but I don't say anything.
- I feel aggravated but say nothing because I really like them.
- I always play poorly because I start rushing to offset their slow play.
- I cannot stand slow play and frequently tell them "You have to hurry up. We are falling behind."
- I just make excuses to avoid playing with slow players. I figure they will get the message.
- I make sure I ask before the round "I think it's important that we keep pace with the group ahead of us. Is everyone willing to do her part to either help make that happen or be reminded if she begins to play too slow?"
- Other: _____

6.) When I play league golf and am paired with a "talker"

- I grin and bear it and try to tune her out. I might manage a few "uh-huhs" from time to time.
- I don't make eye contact and hope she gets the message.
- I hate every minute of it, look at my watch often, and cannot wait until the round is over.

- I tell her I don't like to have non-golf conversations when I'm playing then remain quiet..
- I don't like it but try to be friendly. I don't want a bad reputation.
- Other: _____

7.) With regards to conflict

- It's part of life. I accept it will happen, state my preferences, and try to learn something from the exchange.
- I usually just give in. I don't like the energy of conflict.
- I take it as a challenge and try to get others to see it my way.
- It's exhilarating trying to problem solve together so both us get what we want.
- Other: _____

8.) During golf when I'm asked an inappropriate personal question

- I answer but, if necessary, take liberties with the truth.
- I ignore the question and do not answer.
- I say something vague like " I don't know" or "I don't remember."
- I tell the person, "It's none of your business:"
- I say something like "Why do you ask?"
- Other: _____

9.) You have a free day and want to play golf. Would you prefer to

- Play 9 or 18 by yourself at an off-peak time using a cart.
- Grab your push cart and play 9 or 18 at a course that allows walking.
- Call a close friend and play as a two-some.
- Call a friend and ask if they can get two others to make a foursome.
- Go to a course you've never played and get paired with a random 2 or 3-some.

- Other: _____

10.) An overly competitive golfer in your 4-some starts keeping everyone's score. After each hole she asks you, "What is your score?" What do you do?

- I just tell her my score and feel annoyed.
- I like that she is keeping the score and tell her my score.
- I keep my own score but I still give her my score after every hole.
- I tell her " I don't want to report to you every hole. I'm going to keep my own score right here in my cart. You are welcome to look at my scorecard if you wish, but I'm not going to announce my scores."
- Other _____

11.) You arrive at the course 45-minutes ahead of your tee time to warm up. The starter tells your group that you can tee off now. Your three friends want to go early (they don't like to warm up).

- You agree, don't warm up, start playing poorly and regret your decision.
- You agree, rush to range and hit three balls, then run to the first tee. You secretly vow never to play with these three again.
- You say something like, "We have an agreed upon start time. I got here early because warming up is important to me. I want to warm up and tee off at our agreed upon time.
- Other _____

12.) A friend calls and invites you to play golf on Thursday "just the two of us ... it will be fun," she says. Wednesday night she texts you to tell you the good news that another mutual friend will be joining the two of you.

- You are ticked off to the max. But you text back, "Okay, looking forward to seeing you tomorrow."
- You are excited it will be the three of you.

- You call a good friend who does not know this person. You “vent” and ask whether it would be rude to cancel out?
- You text your friend back “I am upset. Uninvite her. It was supposed to be just the two of us.”
- You call your friend and calmly say, “Hey you know I like (3rde person’s name) and I like to play golf with her. And I agreed to play with you tomorrow because it would be just the two of us. Since that has changed, I am going to cancel and take a rain check for a round with just the two of us.
- Other _____

13.) You are playing with three others tomorrow. Tomorrow morning one calls and cancels saying she does not feel well. You see her teeing off the first hole with 3 others as you are headed to hole 10. What do you do?

- Vow never to agree to play with her again.
- Wonder what her real reason for canceling was?
- Spend holes 10-18 talking about the issue with your two friends.
- Figure that she had a reason for canceling and forget about it -- you enjoyed yourself.
- Other: _____

14.) Someone in your group abruptly tells you that you have just broken a rule of golf.

- I feel embarassed, my face turns red, and I say “What did I do?”
- I feel combative and think how dare she call me out!”
- I admit I know very little about the rules and ask her what I should do next?”
- I act a little surprised and say “What did you see that you believe is a breach of the rules? I get my rule book out of my bag and ask if she can show me where it states that in the book. Short of that I play another ball with penalty in case she is correct and check with the head golf professional after the round.

- Other: _____

15.) You go to the driving range by yourself. After hitting for 15 minutes a guy about your age approaches. He says he's been watching you hit and would like to help you with a few things. Then he asks to borrow your club to demonstrate. What do you do?

- Without thinking I hand him my club. I am speechless and shocked. I am angry that he interrupted my practice session. I don't want any help but pretend to be paying attention to him.
- I say nicely, "No thank you. I don't want any help."
- I feel flattered that he had been watching me and am eager to get help anyway I can get it.
- I say nothing. I pack up my stuff and leave.
- Other: _____

16.) You are playing on league day and are paired with a golfer with considerably less skill than you. She mishits every shot and plays very slowly. After every poor shot, she looks in your direction and says, "Do you see anything I am doing wrong"? What do you do?

- I feel sorry for her and initially offer some help. Then I get mad because it goes on and on for the rest of the round. You vow to never play with her again.
- I feel angry. I think she is not ready to play on the course on league day. I tell her sorry I am not a golf pro. I can barely figure out what I do wrong.
- After 9 holes, you fib and tell the group you are not feeling well, and go home. You just cannot STAND to deal with that situation. You promise yourself you will never play with that person again until she gets her act together.
- You say, "I played very poorly when I was a beginner. This phase will pass. I can tell you that what worked for me was to *stop thinking, play quickly, and just keep hitting the ball until you get to double par*. Then

pick up. Others won't care how unskilled you are. They just care how fast you play. I recommend scheduling a playing lesson as quickly as possible. That's all the advice I can offer. Sorry.

- Other: _____

17.) You are playing golf with a skilled golfer (your spouse or good friend) and two others. It's the 8th hole. You are playing okay. This person tells you in front of the other two players what you should do to play better. What do you do?

- I immediately think the person is becoming impatient with my skill level and feels like I am holding up the group so I take his advice.
- I'm angry because now I feel self-conscious about my play and I become silent for the rest of the round.
- I'm a bit annoyed but smile and say "good idea" and you try it and start playing worse. Now you are angry that you started thinking too much.
- I respond, "I know I'm not as skilled as everyone else but as long as I am keeping up with everyone, my goal is to take at most double par, play quickly, and not think about mechanics on the course. But thank you, I'll consider that when I practice.
- I'm feel so embarrassed I considering quitting after 9 holes.
- Other: _____

18.) You are playing with someone you know but not very well. This person seems to be preoccupied with your play and "talks to your ball and gives commentary every time you make a stroke". For example, on an uphill she says, "Go, go, go, get up that hill ... awwwwwwwww you left it short. Too bad." You sense it's a form of gamesmanship. What do you do?

- Nothing. I just put up with it for the rest of the round.
- I ask her, "Why is it that you comment on every shot I make" and silently promise yourself to never play with her again..
- I blow up and tell her "I'm not interested in listening to a commentary about my every shot."

- I calmly say, “I cannot remember ever playing with someone who has made comments about my every shot. I must admit that I don’t like it at all.
- Other _____

19.) You are playing with an acquaintance of a similar skill level as yours. After every not-so-good shot she hops in the cart and gives you (the driver) a detailed explanation about what happened. Example: “Darn it. Such a bad shot. Oh I think I used the wrong club. I should have used a 9 iron. I was aimed right at the flag but the lie was sloped. I was just practicing this the other day ... blah, blah, blah. You are not the least bit interested and it’s wearing on you. This person is TOTALLY self-absorbed with her game and you don’t want to hear about it anymore. What do you do?

- Nothing. I just hope her comments stop.
- I try to ignore her and vow never to play with her again.
- It doesn’t bother me. I just try and learn something from what she says.
- I figure I better say something before I blow my cool. I say, “I think it’s great that you like to coach yourself up after not-so-good shots. I feel distracted. Would you be willing to either coach yourself silently or trade places and be the driver?”
- Other: _____

20.) You go to a public course. You and a same-sex friend are paired with 2 very nice strangers of the opposite sex. On the second tee box they start playing loud music from their phones. What do you do?

- You say nothing but have a discussion with your friend when you two are alone and ask her how they should handle the situation..
- You make a face at them and say, “Hey, I hope you aren’t planning to play that music during the whole round!”
- You try to ignore it and hope your friend will speak up to them.

- You say nicely, “Guys, there is no way I can play golf and enjoy myself with that music playing. Would you be willing to wear your earbuds. If they say “NO” or are uncooperative, you are prepared to call the golf shop and ask them to help you solve your problem.
- Other: _____

Did you learn anything about yourself?

Feel free to comment in the group about other scenarios often encountered by golfers and not mentioned here.