

Working on Tilt/Anger...

1. Accept Reality Without Distortion

Was it really a bad beat...or were you drawing dead and getting there...three side his side my side and what really happened.

2. Train Your Mind Through Daily Discipline

Meditate, learn breathing techniques.

3. Detach From Outcomes You Can't Control

As long as you get it in good, don't worry about the outcome. Don't be results oriented.

4. Maintain Balance Between Opposites

Remain even keeled as a gambler, it's never as good as it seems it's never as bad as it seems. Find that middle ground.

5. Commit Fully to Each Moment

Do not auto pilot, be mindful and have purpose.

The knowledge gap between good players and great players is small.

The execution gap between good players and great players is large.

Yet, most good players dedicate large amounts of time to growing their knowledge, and small amounts of time to improving their execution.

Work on improving your execution.

2/5 9 handed - LJ Hero \$1000, BB Villain 5 \$1000. 3bet Pot.

Preflop

UTG straddles \$10. Hero LJ J♣J♦ raise \$35. BB 3bet \$150. Hero calls. (Heads up)

Flop - \$312 (SPR 2.7) - 9♣ 8♥ 3♦

BB bet \$175. Hero calls.

Turn - \$662 (SPR 1) - 3♣

BB all-in \$675. Hero all-in \$675.

Showdown - \$2012 - 9♣ 8♥ 3♦ 3♣ 2♥

Hero shows J♣J♦ (Two Pair, J's & 3's).

Hero won \$1012