

Sami Duymaz

**The power plant mental strength
The psyche in the game**

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The Power Plant Mental Strength

Or
The Mind in Play

Disclaimer

This book addresses, among other things, health topics. The content of this book is based on the author's opinion and experiences. They have been written to the best of the author's knowledge and belief. They do not serve as self-diagnosis and should not, under any circumstances, replace a professional diagnosis by a medical doctor for health or psychological complaints. The author recommends consulting a doctor for health and psychological issues, as the advice provided in the book should be understood as tips and guidance.

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Preface

My name is Sami Duymaz, and I am now 58 years old. I am writing this book because I have always searched for such a book but never found it. I am writing it because I faced problems in sports but didn't know where these problems originated from or how to solve them. I spoke with many experienced players who were successful, but often they didn't have the time to explain my issues or guide me on how to improve.

They themselves seemed to have intuitively done many things right from the beginning or had favorable conditions without even realizing it, so they couldn't convey it to me. „You just need to train more and concentrate“ were often the only superficial answers. I realized that my failures were not due to poor or insufficient training or lack of fitness. The cause lay within myself, in my psyche shaped by my personal experiences.

No one could give me truly helpful advice on how to deal with my past and the resulting complexes such as fear of failure, pressure, and concentration weak-

nesses. No one told me how to stay relaxed or why I was even tense, where the internal pressure and fears came from, why I often fell into a slump that I couldn't escape from, leading to self-abandonment and outbursts of anger. For years, I searched for books that could provide me with answers, but I was constantly disappointed. No one dared to delve into the psychological aspects of sports. It was too complex and individual to be explained in one or two sentences.

Later, when I started to process my childhood trauma myself, I delved into the psyche, the subconscious, and consciousness. I extensively studied neurology, psychology, facial expressions, body language, and gained knowledge about the human mind in general. I absorbed everything because it was fascinating, and I wanted to know everything about it. Gradually, I began to recognize many connections that emerged from my newfound knowledge. Everything became easier. I recognized patterns in psychology and understood the roles of consciousness and the subconscious and their immense influence on our actions, which can still be consciously controlled. I also learned that the subconscious can be manipulated through small tricks.

Up until that point, I believed I already knew a lot about this topic, but I realized that I actually knew nothing. I only had bits and pieces of information that couldn't help me realign myself. When I discuss mental and psychological weaknesses with athletes and other people today, I hear my own naive voice again saying, „Yes, of course, I know that too.“ But in reality, one doesn't understand all the connections that could propel them forward. If one truly understood, they would consciously work with their consciousness. It's like saying, „Yes, I know that I can fix something with the screwdriver in front of me,“ but not picking it up and actually fixing it. Knowledge alone about the purpose of a screwdriver doesn't fix anything. Action is crucial.

Back then, it felt like I had found a universal key or a light switch that opened up many aspects of the psyche to me. With this newfound knowledge, I could recognize many behaviors and understand them better. I knew which reactions would be triggered within me or could anticipate the outcome of certain behaviors. Thanks to honest self-reflection, I now understand the reasons behind them. I must mention that I did not study at a university. No, I

didn't. However, with the knowledge I acquired and my life experiences, I was able to solve my numerous and diverse problems. These problems were so extensive that they heavily affected my personal development, and I only considered school as a safe place.

The traumatic experiences from my childhood led me to develop a keen sense of understanding people. I could quickly read people and see many things in their eyes. The fear of violence made me sensitive, and I developed this sensitivity purely as a self-defense mechanism. Just as a mountaineer develops a sense for the mountain or a sailor at sea develops a sense for the ocean, your surroundings shape you and your feelings.

With my newfound knowledge, I was able to gradually process my trauma over time and heal many aspects within myself. I experienced what it's like to regain my self-confidence, or rather, to have self-confidence for the first time and not just pretend. This newly acquired self-worth made me virtually untouchable. Instead of feeling empty inside or constantly searching, sometimes even begging, for love and attention that would validate my worth from

others, I found love within myself. I can finally accept myself, with all my flaws and the values I stand for. I no longer carry the burden of guilt because I am at peace with myself. My honest self-reflection helped me to accept myself and everything else. I finally feel love, gratitude, respect, and dignity within me. For a long time, these feelings were buried and walled off due to ignorance and self-protection. I am now internally strong, and I no longer need to seek strength and love externally. Today, I know who I am and what I want. I no longer compare myself to others but stay true to myself, and I feel great about it. I no longer seek validation and love from others because I have found them within myself. This doesn't mean that recognition and love from others don't bring joy; it simply means that I am no longer dependent on them and draw strength from within myself.

All of this has transformed me into a different person. I have reprogrammed—or rather, reconfigured—my subconscious mind. And after this honest self-reflection, initially intended only to process my childhood traumas, I was able to apply my new-found knowledge to other areas of life, including sports.

Finally, I can recognize and analyze my weaknesses in sports. I can develop strategies to overcome these weaknesses and problems. The more I spoke with others about my mental and psychological weaknesses, the more I noticed that my conversation partners were impressed. One friend from Berlin, who is also an author, was particularly impressed. She recommended that I offer a webinar on this topic on the internet. I followed her advice. Through this process, I met numerous athletes who, like me, were searching for solutions but couldn't find them. The script for the webinar gradually evolved based on this feedback, and now it culminates in the book you are holding. I truly hope that it can help you as well.

HOF/SAALE, January 2023
Sami Duymaz

Preparation

Right from the beginning, I present you with a list of questions that you must ask yourself and answer.

You have a goal.

And you haven't reached that goal yet, so you are still at a considerable distance from it.

First, you need to recognize where you are right now - then, where you want to go - and ultimately, how you can make the journey there.

If you don't know about your own abilities and strengths, you cannot effectively utilize them. And if you don't know who or what influences you, perhaps even controls you, you cannot defend yourself against it - for that, you would need to know your adversaries.

So, the introductory questions lay the foundation for making you aware of your current state. Only in the end, the questions and their answers will lead you to understand your emotions and reprogram your subconscious mind.

Those who do not honestly engage with their psyche, mind, and emotions cannot tap into their full potential. In my estimation, they can only access about 30% of their capabilities, at best achieving

average performance, living in constant ups and downs, and delivering inconsistent results.

On the other hand, those who engage in honest self-reflection give themselves every opportunity and will progress much faster than their unreflective competitors who live with lies and excuses.

Questions to ask yourself:

- Who am I and what is my goal?
- What defines me?
- What are my (athletic and personal) strengths?
- Where do I still have potential? Do I know this potential and have a strategy to utilize it in the future? Or is the potential currently dormant?
- What are my weaknesses?
- How do emotions impact my psyche? And what are their effects during a sports competition?
- Do I feel fear or pressure in my actions? If I have failed, who is to blame? What lies behind these negative feelings?
- „Training and ambition alone lead to athletic success“ - is that true? Or do other factors influence success or failure that I haven't been aware of? Or am I already aware of these connections but not working with them?
- If I answered „no,“ how can I better manage the factors that influence my athletic success?

The penultimate question already hinted at it: there are other factors that influence success or failure. I write about that: mental strength.