

Listeners Anonymous

Golf Wisdom

While playing Walkabout Mini Golf in VR, Papaw and Peri realized that golf is a profound allegory for life. We are certain some Listeners Anonymous clients will benefit from the relaxed atmosphere of therapeutic play sessions.

Here are tidbits of wisdom that may come in handy during play sessions. Please contribute your own wiz-bits as they come to you!

Mindset & Perspective

- A near miss matters—you're closer than you were.
- Any progress, no matter how small, puts you closer to the hole.
- When you step back, you start seeing angles you missed before.
- That “aha” moment often shows up right before your next move.
- The straight path isn't always the smartest one.
- Taking longer doesn't mean you're doing it wrong—you're just playing your way.
- Everyone's on the same course, but no two games look the same.
- Some players can make shots you can't yet—and that's okay.

Strategy & Execution

- Resetting your shot might cost a stroke, but it can save you the hole.
- Little taps add up—you don't always need a big swing.
- Finesse beats force almost every time.
- Timing matters—wait for the right moment and the shot opens up.
- Every moving part has a rhythm. At the peak, there's a split second of stillness—use it.
- A soft touch can carry farther than you think.
- Some holes don't have a clean shortcut—you just have to play them through.
- Playing boldly and creatively adds joy to the game—and occasionally, it leads to something extraordinary.
- Where you place your focus often determines where the ball goes.
- Noticing small details in the terrain can change your entire approach.

Emotional Regulation

- You can laugh it off or let it get to you—your choice shapes the whole game.
- Frustration messes with your aim, your focus, and everyone else's vibe.
- Being able to laugh at your own bad shots makes the game a lot more enjoyable.
- Expect weird bounces and missed shots—when you treat it like part of the game, it's a lot less stressful.

Attention & Presence

- Rushing the setup usually leads to correcting the outcome.
- The more present you are, the cleaner your shot tends to be.

Adaptability

- No two holes play exactly the same—even if they look similar.
- What worked on the last hole might not work on this one.
- Adjusting mid-game is a strength, not a setback.
- Flexibility often beats sticking rigidly to a plan.

Decision-Making

- Overthinking can be just as limiting as not thinking enough.
- A committed shot often works better than a hesitant one.
- Sometimes the safest choice is the most effective one.
- Knowing when to take the risky shot is part of mastery.

Patience & Pace

- Playing too fast can cost more strokes than taking your time.
- A steady pace keeps your mind clear and your shots consistent.
- Waiting for your moment is part of playing well.
- Good outcomes often come from unhurried decisions.

Social Learning & Connection

- It costs nothing to hype someone up—and it makes the whole group better.
- If someone makes it look easy, they've probably done work you can't see.
- Watching other players—what works and what doesn't—can save you a lot of strokes.

Self-Trust & Growth

- Trusting your read of the shot builds confidence over time.
- Mistakes are feedback—they show you how the course responds.
- The more you play, the more intuitive your decisions become.
- Improvement is happening, even when the score doesn't show it yet.

Resilience & Acceptance

- Sometimes the game just glitches—roll with it.
- Bad bounces, long routes, unexpected detours—they're all part of getting to the hole.