



PROGRAMME 6: MASTERY PROGRAMME

WE RECOMMEND YOU START THIS PROGRAMME AFTER YOU
COMPLETE THE ADVANCED 2 PROGRAMME

WEEK	CATEGORY	PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	FEAR	SYSTEMATIC DESENSITIZATION	INTRODUCTION	STAGE 1: RELAXATION TRAINING	STAGE 2: FEAR HIERARCHY	STAGE 3: DESENSITISATION	STAGE 4: EXPOSURE	REST	REST
2	DECISION MAKING	PERCEPTIVE DEPOLARISATION	INTRODUCTION	STAGE 1: QUIETEN THE MIND	STAGE 2: REFOCUS THOUGHTS	STAGE 3: CLEAR HEAD	STAGE 4: DECISIVE MIND	STAGE 5: DIRECT ACTION	STAGE 6: FULL PROCESS
3	OVERTHINKING	A.A.A	INTRODUCTION	PHYSICAL EXERCISE 1	ABILITY EXERCISE 1	PERSONAL EXERCISE 1	PHYSICAL EXERCISE 2	ABILITY EXERCISE 2	PERSONAL EXERCISE 2
4	OVERTHINKING	COGNITIVE RESTRUCTURING	INTRODUCTION	STAGE 1: RELAXATION	STAGE 2: GROUNDING	STAGE 3: BALANCING	STAGE 4: AFFIRMATION	STAGE 5: FULL PROCESS	REST
5	OVERTHINKING	COGNITIVE DISTORTION	FILTERING	OVER- GENERALISATION	EMOTIONAL REASONING	POLARISED THINKING	PERSONAL- ISATION	REST	REST
6	CONCENTRATION	RUMINATIVE INTROSPECTION	INTRODUCTION	TEMPORAL LOBE	AMYGDALA	CEREBELLUM	FRONTAL LOBE	OCCIPITAL LOBE	REST
7	CHOKING	CHOKING	INTRODUCTION	SELF BELIEF	SELF CONTROL	FOCUSED ATTENTION	FULL PROCESS	REST	REST
8	ANXIETY	WORK HARD, STRIKE FAST, KEEP MOVING	INTRODUCTION	STAGE 1: PERSONAL	STAGE 2: ENVIRONMENT	STAGE 3: EXPECTATIONS	STAGE 4: PERFORMANCE	STAGE 5: FINAL	REST
9	ANXIETY	COGNITIVE DUALITY	STAGE 1: DECISIVE	STAGE 2: DECISIVE	STAGE 3: DECISIVE	STAGE 4: DECISIVE	STAGE 5: DECISIVE FINAL	REST	REST