

WALKABOUT GOLF THERAPY

The Course as Conversation

18 holes. 18 encounters.
No perfect round required.

A reflective workbook for the client and the Walkabout Therapist - using walking, breath, grounding, the landscape of golf, and the lived experience of each shot as invitations to notice what emerges.

Workbook in Progress

The breath does not guarantee the shot.
It returns me to the person taking it.

An Invitation to the Course

Walkabout Golf Therapy does not begin with the assumption that the golf swing needs to be fixed. It begins with curiosity about the person who is standing over the ball.

The course becomes a living landscape of inquiry. The tee offers beginning. The fairway offers direction. The rough introduces disruption. Hazards bring us close to uncertainty. A lost ball can awaken frustration, shame, humour, grief, impatience or acceptance. The next shot asks us to begin from where we actually are.

The therapist walks alongside. There may be conversation, silence, laughter, disappointment, movement and rest. The purpose is not to interpret every shot. It is to notice when something meaningful appears and to make room for it.

The central practice

GROUND. BREATHE. NOTICE. CHOOSE.

Grounding brings attention to the feet, body and earth. Breath creates a small space between what happens and what happens next. Noticing allows experience to be encountered without immediately changing it. Choice asks: from this place, what is my next shot?

Event -> Breath -> Awareness -> Choice

A note on use: This is a reflective therapeutic workbook, not a golf instruction manual. Breath and grounding are invitations to presence, not guarantees of performance. The therapist should use clinical judgment, informed consent, appropriate boundaries and the standards of their profession. Participation in golf should also be adapted to the client's physical abilities, comfort and safety.

How to Use This Workbook

The workbook can accompany nine holes, eighteen holes, a walk around a practice area, or a conversation away from the course. A hole does not have to correspond literally to a particular golf hole. The eighteen encounters are doorways, not assignments.

Before a shot, the client may quietly ground, breathe, notice and choose. After a shot, therapist and client may continue walking without discussion, or pause when an experience seems to ask for attention. The blank spaces in this workbook are deliberately open. They can hold words, drawings, photographs, scorecard fragments, observations, questions or silence.

A recurring rhythm

BEFORE THE SHOT

Where are my feet?

What is my breath doing?

What is present?

What do I choose?

AFTER THE SHOT

What happened?

What did I feel?

Where did I go?

Can I return?

What would make this course feel safe enough for honest exploration?

What would I like my therapist / companion to understand before we begin?

HOLE 1

Where Am I Standing?

Arrival

Before aiming anywhere, encounter where you actually are.

GROUND • BREATHE • NOTICE • CHOOSE

What am I carrying onto the course today?

What do I notice beneath my feet?

If I do not need to change anything yet, what is here?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Breath

Return

Breath is not used to force calm or guarantee a shot. It is an invitation to arrive.

GROUND • BREATHE • NOTICE • CHOOSE

Am I breathing freely or holding something?

What changes when I allow one unhurried breath?

What might my breath be making room for?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Ground Beneath My Feet

Embodiment

The body is already on the course, even when the mind has travelled elsewhere.

GROUND • BREATHE • NOTICE • CHOOSE

Where is my weight?

What sensations tell me I am here?

What helps me return when I leave the present?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Intention

Direction

Golf asks us to choose a direction without promising an outcome.

GROUND • BREATHE • NOTICE • CHOOSE

What am I aiming toward?

Is this my intention or someone else's expectation?

Can intention exist without control?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Unexpected Shot

Surprise

The ball sometimes goes somewhere we did not intend. Life does too.

GROUND • BREATHE • NOTICE • CHOOSE

What happened inside me immediately?

What story did I tell myself?

What becomes possible after the first reaction?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Rough

Difficulty

The rough is not outside the game. It is part of the course.

GROUND • BREATHE • NOTICE • CHOOSE

How do I treat myself when I am off the fairway?

Do I rush to escape difficulty?

What can only be seen from here?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

What I Cannot Control

Conditions

Wind, lie, weather, bounce, other people and chance remind us that control is partial.

GROUND • BREATHE • NOTICE • CHOOSE

What am I trying to control?

What belongs to me and what does not?

What would participation look like without domination?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Silence

Listening

Not every meaningful moment needs words.

GROUND • BREATHE • NOTICE • CHOOSE

What do I hear when neither of us speaks?

Is silence comfortable, threatening or alive?

What emerges when I stop filling the space?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Turn

Threshold

Halfway is a place to notice what has changed without deciding what the round must become.

GROUND • BREATHE • NOTICE • CHOOSE

What am I leaving behind?

What am I carrying forward?

What has surprised me about myself so far?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Beginning Again

Renewal

A new nine begins without erasing the first.

GROUND • BREATHE • NOTICE • CHOOSE

Can I begin again without pretending the past did not happen?

What am I ready to loosen my grip on?

What deserves another chance?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Hazard

Fear

Sometimes the place we most want to avoid captures our attention.

GROUND • BREATHE • NOTICE • CHOOSE

What am I afraid will happen?

How does fear change my body?

Can I acknowledge danger without giving it the whole landscape?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Patience

Tempo

The course has its own rhythm. So does the person walking it.

GROUND • BREATHE • NOTICE • CHOOSE

Where am I rushing?

What happens when I wait?

Whose pace am I trying to keep?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Lost Ball

Loss

Sometimes we search. Sometimes we find. Sometimes we accept that something is gone.

GROUND • BREATHE • NOTICE • CHOOSE

What am I reluctant to stop searching for?

What does losing awaken in me?

How do I know when it is time to continue?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Letting Go

Release

The previous shot cannot be replayed from the present moment.

GROUND • BREATHE • NOTICE • CHOOSE

What am I still replaying?

What would letting go mean - and what would it not mean?

Can I carry the learning without carrying the punishment?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

The Next Shot

Choice

Whatever happened before, the course eventually asks: what now?

GROUND • BREATHE • NOTICE • CHOOSE

What is actually available to me from here?

What would a compassionate next choice look like?

Can I take the next shot without needing certainty?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Trust

Relationship

Trust can involve the body, the process, the therapist, the course and one's own capacity to respond.

GROUND • BREATHE • NOTICE • CHOOSE

Where do I feel trust in my body?

Where do I tighten or protect?

What kind of trust is being asked of me - if any?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

What Am I Carrying?

Awareness

Near the end, notice what has accumulated and what has fallen away.

GROUND • BREATHE • NOTICE • CHOOSE

What am I carrying now that I did not have at the first tee?

What have I put down?

What do I want to take beyond the course?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Coming Home

Integration

Completion is not perfection. The round ends, and life beyond the course continues.

GROUND • BREATHE • NOTICE • CHOOSE

Where am I standing now?

What did this round reveal rather than solve?

What is one thing I want to remember when I walk beyond the gate?

After the shot / after the encounter

What happened? What did I feel? Where did I go? Can I return?

Open space - words, image, drawing, symbol, score, question, or silence

Walking Beyond the Eighteenth

The round is complete, but the inquiry is not. The purpose of reflection is not to turn every experience into a lesson. Some experiences may remain unfinished, ambiguous or mysterious. They can be carried without being solved.

The Garden teaches us to tend.

The Walkabout teaches us to wander.

The Breath teaches us to return.

The Ground teaches us where we are.

The Golf Course teaches us to take the next shot.

What am I taking with me beyond the course?

What remains unfinished or mysterious?

What might I return to with my Walkabout Therapist?

A Final Question

**Can I remain present to myself
while I do not know where the ball
will land?**

Not where should I be.
Not where was I supposed to be.

Where am I standing now?

Walkabout Golf Therapy - Workbook in Progress