

# Game Set & Match

What really makes us upset is when we feel someone is playing a mind game with us and we don't like the intention we perceive behind it. These games are normally carried out by our nearest and dearest, family, friends and children who are even better at adding fuel to the fire.

"How can they treat me like this?" is the rhetorical question that often runs through the victim's head. Well, read on and a few of your questions may be answered.

## Mind Games

We play mind games because we are afraid of the response we might get if we were being totally honest about our needs and desires, or if we think that we can't convince the other party to do what we would like them to do. Here are a few examples:

- When we meet someone new whom we take a shine to and try different tactics in order to elicit a positive response from them to find out if they like us the way we like them.
- "Does my bum look big in this?" We are looking for affirmation and support - there is more to this question than meets the eye.
- Comparing our partners to other people or past relationships and making them out to be better.

"First take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye."  
Matt 7:5

We all play mind games - have you played hard to get, tried a little emotional pressure, or used the 'woe is me' trick lately?

## Mind Set

Mind games take place when we want the mindset of our chosen prey to match our own beliefs and desires.

Mind games are a way of trying to get the upper hand without taking the other person's feelings into account. If the mind game works, the mindset of the other person matches our intentions in a particular area and they respond accordingly to our wishes but only out of fear, feeling sorry for you or trying to make things better out of guilt.

"We may convince others by our arguments, but we can only persuade them by their own."  
Joseph Joubert

Whose mindset are you trying to change?

## Mind Match

At the 2009 U.S open semi-final Serena Williams lost her match when she lost her game due to losing her (mind)set. Shouting and ranting makes things worse not better. Serena was docked a point for abusing an official. That was match point game over.

"A mind match is not a meeting of minds but an understanding and acceptance of the values and beliefs of others, agreeing to differ is better than begrudging actions."

Whether she was right or not about the official's bad call doesn't matter now because two wrongs don't make a right. The line judge was doing her best at the time, as was Serena. Sometimes doing your best isn't good enough for someone. Serena lost it when the official's mindset didn't match her own - been there before?

The ideal scenario if you have the other person's best interests at heart is to create a mind match. It can take a little longer to develop sometimes but it is long lasting and fulfilling for both parties. In a mind match it is more important to hear the other person than to be heard. A mind match has open dialogue and is not geared towards convincing the other person to see or do things your way. It is a time of sharing views and perspectives. When this is done without an agenda, each party can meditate and reflect on the interaction. This will create a shift in some instances, call it compromise, grace, perspective, love.

If we allow others to be themselves, then there is no need for mind games on either side. Those around us will be free to act according to who they are, whatever that may be. My simple definition of free love is this; allowing someone you love to be free, free to be and do what they feel led to. Do you prefer to play the mind game or the love game?

"Freedom comes from knowing that no-thing or no-one out there is responsible for how we feel, it is always an inside job."  
Gill Edwards

## Using the above definitions of free love and mind game who are you loving, and who are you playing?

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