

GUILT VS RESPONSIBILITY

GUILT

▶ Causal attribution for an event, behavior or action that has intentionally caused some damage, pain or loss.

GUILTY

- ▶ The person who has committed a fault.
- Next to real and objective guilt, many athletes have a more or less vague sense of subjective guilt (for example after committing an error) and that unconsciously influences behavior.

DEFINITIONS OF GUILT

Responsibility

Knowing and fulfilling ones duties and obligations. It implies maximum interest and effort invested in the commitments one has willingly accepted.

Responsible

Refers to the person who knows his or her duties and obligations and attempts to meet them. He or she puts all his or her effort into fulfilling them satisfactorily.

DEFINITIONS OF RESPONSIBILITY

Guilty

- The person who knows or believes before hand that a certain move or action will have a negative result and still does it.
- It works like a weight that interferes with the ability to move swiftly towards a goal.
 - It's another weight.

Responsible

- In a competition, the athlete knows his or her obligations and tries to fulfill them, and in spite of it something goes wrong and unwanted events occur.
 - ▶ Things go wrong.
- Increases commitment, resilience and helps direct personal energy towards a goal.

OUR POINT OF VIEW

Feeling

Difficult situations require high level behaviors. Those are challenges that should be met with strength, energy and determination. Adding to the team and sharing responsibilities.

Motivation

High morale, always optimistic, anticipating satisfaction due to participating in this difficult and unwanted situation.

Reason/Commitment

▶ To meet the demands of the coach, assuming the responsibilities of one's role

Whoever does not want to add to the team, either in practice or competition, be it a new member or someone who has been here a long time, should stay home because we do not need him or her here.

FEELING, MOTIVATION & REASON

- Athlete
 - Tries to control his or her actions
 - Tries to accomplish the desired outcomes
- Events
 - Go wrong
- Outcome
 - Something not desired by the athlete

There is no guilt, so we must help the athlete see that there is no guilt feeling, there is no basis for it.

▶ There is responsibility

THE ATHLETE AND THE OUTCOME

- Responsibility focuses and gels the efforts, both individual and collective, in search of a goal.
- ▶ Each athlete can only commit to the things he or she can control.
 - ▶ To wish and anticipate that other things go well increases the probabilities of reaching them, and that is something under the athlete's control.