



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



The Rapid Flexibility Protocol

Adapt Fast. Drop the Error. Move.

Purpose

This protocol is designed to help you perform when your plan breaks down completely.

Not when things go as expected.

Not when you feel in control.

But when everything changes suddenly.

It trains your ability to:

- Let go of the original plan instantly
- Shift attention to what is still possible
- Take action without hesitation
- Stay functional under chaos

Because in high-pressure environments, the best performers are not the most prepared.


They are the most adaptable.

What Happens When the Plan Breaks

When something unexpected disrupts your plan, the brain experiences a conflict:

“What I expected” vs “What is happening”

This creates a brief cognitive freeze.



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



The brain tries to:

- Search for the original plan
- Reconstruct what was supposed to happen
- Make sense of the disruption

During this moment:

- Reaction time slows
- Decision-making becomes rigid
- Action is delayed

Most people stay stuck here for too long.

They keep trying to recover the original plan.

Even when it no longer exists.

What High Performers Do Differently

Instead of trying to fix the old plan, they do something else:

They drop it. Immediately.


Then they shift to a different question:

“What can I do right now with what I have?”

This is called **psychological flexibility**.

The ability to:

- Shift mental resources quickly
- Adapt to changing demands



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



- Take action without needing perfect conditions

This is one of the strongest predictors of performance under stress.

Because performance does not wait for ideal situations.

It rewards movement.

The Rapid Flexibility Protocol

Use this the moment your plan breaks.

This is not pre-performance.

This is in the moment.

Step 1 — Accept the Plan Is Gone (1–2 seconds)

Internally say:

- “That’s done.”
- “Plan gone.”
- “Okay.”


No frustration.

No analysis.

No replay.

Acceptance is not passive.

It is what allows the brain to stop searching for something that no longer exists.



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Step 2 — Scan for Available Action (2–3 seconds)

Ask one question:

“What can I do right now?”

Not:

- “What should have happened?”
- “What was the plan?”
- “Why did this go wrong?”

Only:

“What is still possible?”

Your options may not be ideal.

That does not matter.

You are not searching for the perfect action.

You are searching for **any viable action**.


Step 3 — Choose the Fastest Viable Option

Pick the first option that is:

- Available
- Actionable
- Immediate

Do not over-evaluate.

Speed matters more than perfection here.



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Hesitation is what costs you most in chaotic moments.

Step 4 — Move Immediately

Take action.

Even if it feels unconventional.

Even if it feels imperfect.

Action does three things instantly:

1. Re-engages the prefrontal cortex
2. Reduces the freeze response
3. Restores a sense of control

Standing still amplifies pressure.

Movement reduces it.

Step 5 — Adjust as You Go


Once you start moving, new information becomes available.

Now you can:

- Adapt again
- Refine your action
- Improve your position

Clarity often comes **after** movement, not before.

Why This Works



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



When you act quickly after disruption:

- The brain shifts from analysis → execution
- Attention moves from past → present
- The nervous system stabilizes faster

This is similar to in-moment reset structures where rapid action prevents rumination loops and restores focus

You are not eliminating stress.

You are preventing it from freezing your behavior.

How to Train This

Do not wait for real pressure.

Train adaptability deliberately:

1. Disruption Training


During practice, intentionally change conditions:

- Start from uncomfortable positions
- Remove expected structure
- Add unpredictability

Train your brain to respond, not rely.

2. Visualization Work

In your visualization sessions:



BRING YOUR MIND TO THE GAME

SPORT PSYCHOLOGY

&

MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



- Imagine your plan failing mid-performance

Don't visualize the error or fall in detail, assume it, and visualize the comeback in detail

- Rehearse dropping the plan
- Rehearse finding a new action

This builds neural familiarity with chaos

3. Rapid Reset Integration

Pair this with quick reset routines:

Accept → Breathe → Act


This shortens your recovery window between disruption and execution

What This Protocol Trains

With repetition, you develop:

- Faster decision-making under stress
- Reduced freeze response
- Greater adaptability
- Confidence in uncertain situations
- Trust in your ability to handle the unexpected

You stop needing perfect conditions to perform.



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Final Reminder

Plans are useful.

But they are fragile.

The moment reality changes, the plan loses value.

Your ability to adapt becomes everything.

The strongest performers are not the ones who follow the plan perfectly.

They are the ones who can let go of it instantly and still move.

Keep going! :)
