

What's Your Golf Personality?

New research shows there are four distinct types of golfer. Take this quiz to find out why you play the way you do -- and how a little self-awareness can go a long way toward helping you improve your game.

By Erin Bried
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A very tense round of golf on a cold, wet day in 1998 changed Jennifer Munro's life -- and it could change yours, too. "I was playing with my best friend, who had been struggling with her game for years," explains Munro, who until then had built a career on developing personality profiles of corporate and entrepreneurial executives, and identifying what makes them successful. On that fateful day, she and her pal were having a fine time until her friend shanked a ball into the woods. Trying to comfort her, Munro applied the usual verbal unguents -- "Tough shot," "It's okay." Her friend's reply: "Hey, did it ever occur to you that I don't *want* to feel better about a bad shot? Please, shut up."

"She was absolutely ready to kill me," Munro recalls. "That's when it dawned on me: Personality plays a big part in golf, too."

Working with veteran golf instructor Shelby Futch, Munro went on to develop the EagleVision NeuroGolf Profile system, which is now becoming an important teaching tool at Golf Digest Schools. The NeuroGolf Profile uncovers the deepest reasons why you play golf and, more important, what turns you off about the game. When you experience a turn-off on the course -- say, a chatty partner or a sudden rainstorm -- your heart races, your muscles tighten, and you inevitably play poorly. The profile makes you aware of your personal triggers so that you can respond to them in a way that doesn't sabotage your game.

This quiz is based on the NeuroGolf system. [Fill out this questionnaire](#) to find out what type of golfer you are, and how to get the most out of your game and practice sessions.

[Click here to take the quiz!](#)

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