



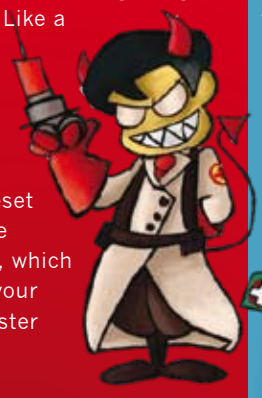
# 7 Types of Tilt

God decreed the 10 commandments, Ghandi outlined seven principles to a happy life and now Jared Tendler is on hand to breakdown the seven types of tilt. In last month's article we took a common explanation of tilt, redefined it and firmly rooted it within the realms of anger. By narrowing the definition of tilt we made the equation easier to solve and in this month's article I am going to further reduce the equation and describe the seven most common types of tilt and how you can begin to combat them.

## 1 - Running Bad Tilt

The first type of tilt is one that is more common than many players think. In fact, it's so common that players think it's natural part of the game. How many times have you thought to yourself: "I'm on tilt because I'm running badly because that's what happens in poker." This type of tilt is like a lightning rod for all the other types of tilt. This is not a unique type of tilt, it is an accumulation of issues that send you on tilt because there is such a

high frequency of tilt inducing things happening to you. Like a ball of negativity that builds session by session it affects you to the point where your brain can't reset properly before the next time you play, which means you reach your threshold much faster than normal.



## The Solution

In essence the way to deal with this type of tilt is to deal with the individual types of tilt that accumulate during each session you play, thus allowing your mind to refresh so you don't reach your threshold in super quick time.



Not even Arnie could outrun a spell of bad luck

## 2 - Injustice Tilt

Ever feel like you're not getting your fair share of luck? Do you just want your share of the luck? Does jealousy frequently blight your thoughts? Your perception of what is fair and just in poker is a major reason why you can go on tilt. Watching a fish hit a 2 outer and take down a hand that sends you to the rail can challenge your beliefs of what is right and proper and subsequently make you angry.



If things are not going your way this righteous pair could always help



## The Solution



The best way to tip the balance of neutrality back in your favor and away from the negative is to envision the scales of justice. When it appears more bad

than good stuff is happening to you, it's as though the scales have been tilted against you, something you therefore react negatively against. In reality however, it's your inability to recognize subtle negative variance, as well as a tendency to assume good variance is due to your own skill, which creates

an unbalanced equation. Essentially the positive variance you experience is never being acknowledged, but the negative variance is constantly noted and remembered. This, therefore, tilts the scales much more towards the negative. Learning not to do this is the key to breaking this type of tilt.

## 3 - Hate Losing Tilt

Being competitive and wanting to win is a great trait to have in all games. However, it is the desire to win "now" that causes the problem in poker. Here's a little challenge for you: try and name another competitive environment in life where there is a higher propensity for the stronger person to lose at a higher frequency



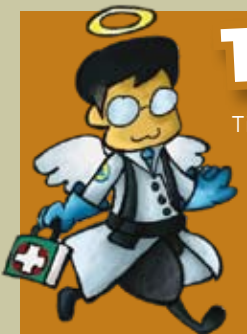
in the short term. Stumped? So am I. Personally I believe there isn't any other environment where variance can affect the best player more than in poker. Indeed, a 20 handicap could never beat Tiger Woods, no matter how much bad rain or lucky bounces that occurred during the match. Competitiveness is great, but you have to understand that in poker you will lose at a high rate in the short term.

## The Solution

Think of your game as being similar to a slot machine in that it has to payout a lot of big returns in order to squeeze out your edge over time. Basically you need to learn how to better recognize real variance and once you have altered your perception of it you'll begin to see that losing is a necessary part of the game.



## Tilt to Improve Your Play:

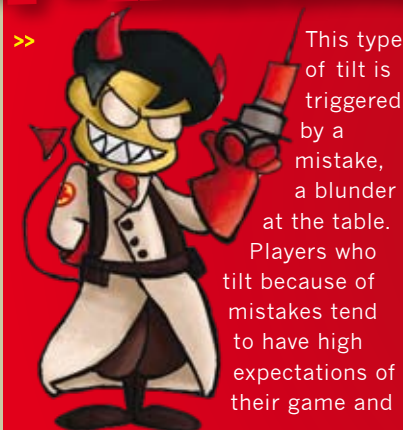


Tilt is not ideal but while it is around here is how to make use of it to improve the quality of your game. When

you're on tilt your emotional brain shuts off your higher level thinking and you make decisions based on the areas of the game you've mastered. What this does is gives you a perfect window to be able to look at your game at its weakest point and see exactly

what your flaws are. Tilt essentially tells you what you don't have to work on and the things you need to improve on. By actually looking at decisions you made when you were on tilt is the perfect way to identify your weaknesses and thus turn a seeming negative into a positive. >>

## 4 - Mistake Tilt



This type of tilt is triggered by a mistake, a blunder at the table. Players who tilt because of mistakes tend to have high expectations of their game and

a desire to consistently play perfect poker. The reality is, if you aren't making mistakes you already know what is correct, which basically means your expectations were too high and you've recognized a spot where you need to do some work. Common statements that characterize this type of tilt are: "This feels like a waste of time and money", "I'm not as good as I thought", "how can I be so stupid, and what was I thinking?"

## The Solution

**"Perfection is not attainable but if we chase perfection we can catch excellence."** – *Vince Lombardi*  
Understanding that you are fallible and realizing that making a mistake is actually indicative of you knowing you've made the right play is the key to combating this type of problem. Playing perfect poker is virtually impossible because of the amount of ever changing variables so it makes little sense to chastise yourself for making mistakes during your sessions.



## 5 - Entitlement Tilt

This is the classic Phil Hellmuth tilt. Essentially you believe you have some sort of divine right to win because you work harder, or you think you're smarter and have been playing the game longer. Players who suffer from this believe that winning is a possession that they have already earned. At its core this

is an overconfidence issue because you believe something about your game that is an exaggeration of the truth and not reality. This mentality only sets you up for a fall because when anything goes against your distorted view it feels as though something has been taken from you which therefore leads you to tilt.



### The Solution

Realigning your perception of your relative skill level and better understanding your own tangible abilities rather than a mythical ideal of yourself is essential. Only by doing this can you start to get past the idea that someone is trying to suppress your talents out of spite in order to let the "bad" players win.

## 6 - Revenge Tilt

If injustice tilt is directed towards poker or people in general, then revenge tilt is directed at a certain person or group of people. It's a more specific form of tilt that seeks to exact revenge for some reason such as: someone disrespecting you, constant aggressive action directed towards you, someone thinking they are better and get



lucky against you. Your main motivation for revenge is pain. You want to hurt your victim, punish them and give them a taste of their own medicine. The great irony of the situation, however, is that instead of actually taking control of the situation your response proves that you are actually in less control of the situation.



## The Solution

By getting angry you actually surrender your command of the action and narrow your focus to such a point that you can't see past hurting the player. Losing sight of the happenings around you can be a disaster which is why you need to consciously try and refocus on the things that you actually can control, namely the way you play.



## 7 - Desperation Tilt

Like running bad tilt, this is not a unique type of tilt. Ultimately, this is a trapdoor that players can fall into from any other form of tilt. Basically, this type of tilt can occur any time you're stuck money and chasing losses. This is the closest these performance issues come to being a real gambling problem. Winning becomes the answer in your mind and you seek it like a drug addict seeks their next drug fix. It becomes an urge you can't resist. Desperation tilt is a form of accumulated tilt because there is so much emotion being



thrown at you that it overwhelms your ability to think clearly.



## The Solution

This is a major problem and it isn't going to go away quickly. The first step is to gain control of what little you actually can by setting stop/loss amounts, time limits, basically anything you can to stop from going off the deep end.



## Inject the Logic Process:

Completely solving the tilt equation means the resolution of the underlying conflict, but as a way to achieving this goal we can take steps to identify and deal with tilt in real time. This five step process will help you gradually chip away at the problem until you can finally resolve the issue.

mistakes have been made. However, there are always signs before you actually reach your threshold, and learning to identify these (the purpose of my last article) is the best way to deal with the problem.

**4 - Refocus on Making Good Decisions**  
Work your way back into playing solid poker again by referring to something that you have written out in order to remind you of the positive things you need to do.

### 1 - Recognition

In order to take action you have to know the problem is happening. Recognition is equivalent to the erecting of road signs that warn you there is danger ahead. Often players don't really know tilt is a problem until a few tilty

**2 - Deep Breaths**  
This is not to simply relax you, but to create separation between the emotion and the reaction. It gives you a space to think and therefore inject some logic into your thought process.

**Step 5 - Repeat as Often as Necessary**  
Be as proactive as possible to catch the signs of tilt and implement this entire process early. If you wait too long and pass your threshold, your ability to manage this becomes exponentially harder.



**3 - Inject the Logic**  
To do this you need to step away from the table and write out a sentence that directly attacks the reason why you've gone on tilt. This one sentence is designed to get you thinking in a better way and stem the tide of tilt. This statement must be written out because you can't rely on your brain to think clearly and remember it, you need to see it on the page to make it real.

Hopefully this article has given you a better idea of the ways you can go on tilt and how you can better begin to tackle each variant. In next month's issue we'll look at how you can continue to make progress over time and outline how you can create a cycle for continual improvement of tilt.