

## SPOONPLUGGING STUDY GROUP JANUARY 20, 2005

### “MENTAL ASPECTS OF FISHING”

**”GREAT MINDS HAVE PURPOSES, OTHERS HAVE WISHES”—**  
Washington Irving

The program covered “Mental Aspects” of fishing. Many don’t realize its’ importance to our success. **It could be considered the “glue” that allows us to effectively utilize the Spoonplugging knowledge that we have.** All of us have been on a lake at one time or other where we **have felt “lost” as to where to start or what to do next.** In the “Green Book” pages 271-275, **Buck Perry talks about having a calm, planned mental discipline** while on the water. **Do we have basic knowledge about movements of fish, structure, weather and water, tools and controls, and mapping and interpretation?** Are we familiar with the Basic Guidelines and **presentation of lures?** **If not, we may need to do more review of the material.** Yet even with that knowledge, many feel unsure when they get on the water. As the slogan says, **we need to get out on the water and “JUST DO IT”!** **Practice, experience, and time on the water are essential to gain the confidence needed for a positive mental attitude.** As one gets experience and begins catching more fish, **genuine belief** in the effectiveness of Spoonplugging **will develop.** This does not happen overnight. **Spoonplugging is not just another “method” of fishing. It is a total body of knowledge about fish, their behavior, and what we need to DO to catch them.** Many recommend a total season of concentrating only on Spoonplugging concepts and procedures as minimal to begin developing that confidence.

Part of the mental aspects of fishing **includes the desire to learn** from your experiences in the most effective way. **What questions do you ask yourself** when you get **on the water?** Do you **draw structure maps, keep a fishing log, and review related material** after you get off the water to enhance your knowledge? **Analysis** of what you learned helps **improve** your approach the **next time.** There is so much to learn and experience about fish, structure, weather and water, tools, lakes, mapping, etc, that **we will never experience it all.** Just read Buck Perrys’ 9-volume 644 page “Guidelines for Fishing Success” to understand how much knowledge is available. The neat thing is that **all along the way as we learn, we are likely catching more and bigger fish than we ever have before!** Continuing to learn is essential, since **once we stop learning or think we are an “expert”, our fishing results begin to decline.**

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