

# Mind, Body, and/or Confidence? Using Sociological Approaches to Emotion to Understand the Physicality of Bridge

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## Bridge as a 'Physical' Sport?

Mind, Body, or Mind-Body?

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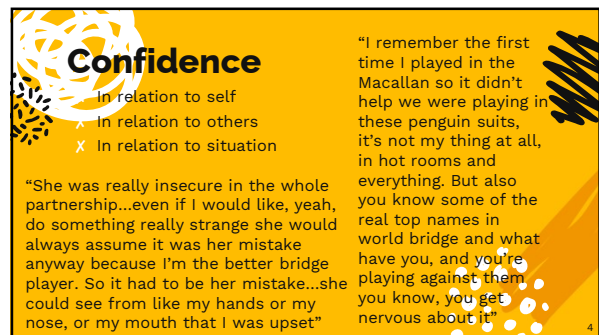


### Bringing the Sweat' into Bridge

Sociological Phenomenology (Schütz, 1967; Allen-Collinson, 2009)

- x 'Lived' Body (Leder, 1990; Zeiler, 2010):
  - x Dys-Appearing Body
  - x Eu-Appearing Body
- x Intercorporeality (Merleau-Ponty, 1969; Csordas, 2008)
- x Confidence (Scott, 2020):
  - x As a Frame
  - x Through the Body

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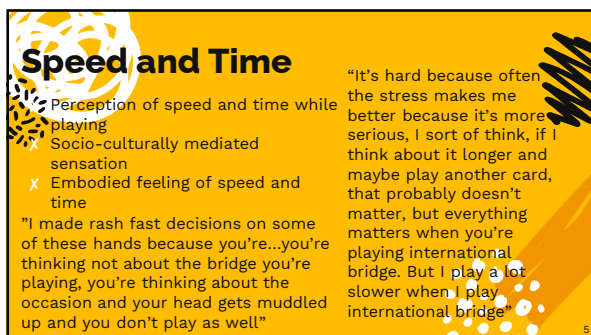
### Confidence

- x In relation to self
- x In relation to others
- x In relation to situation

"She was really insecure in the whole partnership...even if I would like, yeah, do something really strange she would always assume it was her mistake anyway because I'm the better bridge player. So it had to be her mistake...she could see from like my hands or my nose, or my mouth that I was upset"

"I remember the first time I played in the Macallan so it didn't help we were playing in these penguin suits, it's not my thing at all, in hot rooms and everything. But also you know some of the real top names in world bridge and what have you, and you're playing against them, you know, you get nervous about it"

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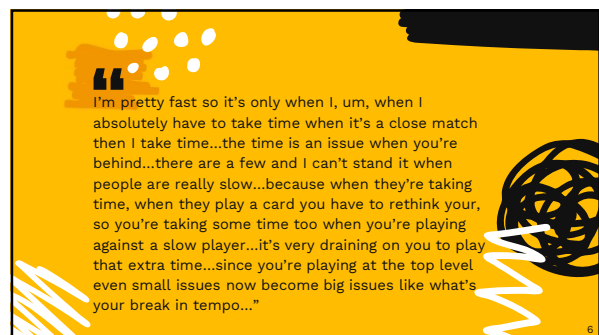
### Speed and Time

- x Perception of speed and time while playing
- x Socio-culturally mediated sensation
- x Embodied feeling of speed and time

"I made rash fast decisions on some of these hands because you're...you're thinking not about the bridge you're playing, you're thinking about the occasion and your head gets muddled up and you don't play as well"

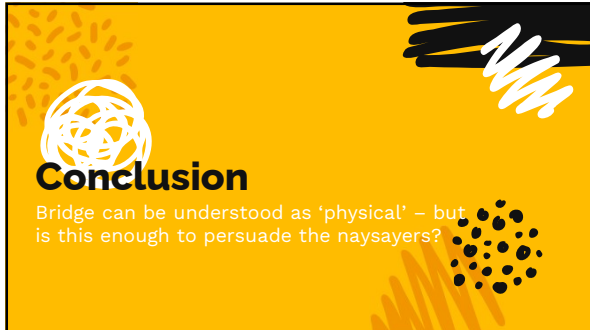
"It's hard because often the stress makes me better because it's more serious, I sort of think, if I think about it longer and maybe play another card, that probably doesn't matter, but everything matters when you're playing international bridge. But I play a lot slower when I play international bridge"

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"I'm pretty fast so it's only when I, um, when I absolutely have to take time when it's a close match then I take time...the time is an issue when you're behind...there are a few and I can't stand it when people are really slow...because when they're taking time, when they play a card you have to rethink your, so you're taking some time too when you're playing against a slow player...it's very draining on you to play that extra time...since you're playing at the top level even small issues now become big issues like what's your break in tempo..."

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**Conclusion**  
Bridge can be understood as 'physical' – but is this enough to persuade the naysayers?

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**Thanks for Listening!**  
Any questions?  
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**References**

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