

Agony vs Ecstasy: A Mahjong Throwdown

How to Thrive in Competitive Play

Competitive play asks for more than knowledge of the card. It requires awareness, judgment, pacing, emotional regulation, and strategic flexibility. Before the session begins, take a few moments to reflect honestly on your current habits and mindset.

Part 1 — Your Competitive Experience

What part of competitive play feels most challenging to you?

What emotions do you most often experience during competitive play?

When you lose a close game, how do you typically respond internally?

Which best describes your current competitive style?

- Assertive Adaptive Risk Tolerant
 Cautious Passive Risk Averse

Part 2 — Hand Development

How confident are you in the following areas?

Skill

Identifying the strength in a dealt hand

Low	Medium	High
<input type="text"/>	<input type="text"/>	<input type="text"/>

Passing defensively during the Charleston

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Assessing the potential when between categories or hands

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Recognizing discard and exposure impacts

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Assessment discard risk

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Using push-fold judgment

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Reading opponents behavior

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Maintaining composure

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Part 3 — Position & Risk

How often do you actively assess your position during a game?

- Rarely
 Sometimes
 Often
 Constantly
 I don't know about positions in mah jongg

Part 4 — Goals

What is one skill you hope to improve through this session?

What would "thriving" in competitive play look like for you personally?



AFTER THE TALK

Reflection & Action Plan

Competitive play is not about controlling luck. It is about improving decision-making, positioning yourself well, and responding thoughtfully under pressure. Take a few moments to reflect on what stood out most to you.

Part 1 — Key Takeaways

What idea or concept impacted you the most?

What did you learn about position that changed your thinking?

What did you learn about wait strength or push-fold judgment?

Part 2 — Self-Awareness

After this session, what do you recognize as one of your biggest competitive strengths?

What is one habit or tendency you now want to improve?

Which area needs the most intentional practice?

Hand development

Position awareness

Milestone awareness

Risk assessment

Wait evaluation

Push-fold judgment

Milestone awareness

Emotional control

Part 3 — Strategy Application

What is one practical adjustment you plan to make during your next game?

What reminder do you want to carry into future competitive games?

Part 4 — Perspective

Complete the sentence: “Strong decisions don’t always guarantee immediate results, but...”

Final Reflection

What does thriving in competitive play mean to you now?

