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<p>All poker players eventually go through a tough period where they string together many losing sessions or can't seem to 🔔 make the money in a succession of tournaments. Even the best players in the game have had significant downswings in 🔔 their careers. One of the questions that the CLC coaches get most is "How do you deal with and recover 🔔 from downswings?" We asked 2 of the most successful MTT players on the planet, CLC's Chance Kornuth and Alex Foxen 🔔 about their personal experiences with downswings. Let's dive into their responses!

Justin Lynch: What Was The Worst Downswing Of Your 🔔 Career? Alex Foxen: I'd say the worst downswing of my career probably came in 2024. I definitely overextended a bit 🔔 from a bankroll perspective, probably playing overconfident and not critical enough of my own game and that is the perfect 🔔 recipe to create a big downswing. I don't have an exact number but probably a couple million lost in that 🔔 one.

Chance Kornuth: I have taken the shots and went up to a million and then down to \$100-\$200k before I 🔔 stayed over a million when games were softer and I thought I should have taken a lot more but now 🔔 that I'm a family man, I don't do that anymore (laughs).

Justin Lynch: What is your go to activity to 🔔 reset during a downswing? Alex Foxen: Absolutely working out and doing something physical. Getting your mind out of whatever state 🔔 it is in. Anything that creates that meditative singular focus that a workout or maybe doing something with your hands 🔔 does. Something that can get you out of your head and into your body, that gets you into the present 🔔 moment as much as possible. I think physical movement is really really good for that.

Chance Kornuth: I like working 🔔 out and spending time with my friends and family, watching movies and playing games. Doing anything nonpoker to get 100% 🔔 of your focus onto other things.

Justin Lynch: How Do You Measure if you're running bad vs not playing your 🔔 best? Alex Foxen: I don't think that there is a perfect way to measure these two things. That's why it 🔔 is really important to be constantly critical and the best way to avoid a downswing is to always act like 🔔 you are in a downswing, always put work into your game, always question everything you do even when it works. 🔔 Ask the questions "Could I have made more on that line?" , "Could I have possibly bet bigger here?" , "What if 🔔 he had this hand?" , "How would I approach it if the turn was this?" . All these different varying questions to 🔔 ask yourself to keep yourself in a state of growth instead of stagnation.

For me and I also feel it 🔔 is true for most people, downswings always