

THE BAHAMAS GREAT ABACO CLASSIC AT THE ABACO CLUB

ROUND 4 INTERVIEW
January 25, 2023



BEN SILVERMAN (-15, won 1st playoff hole)

Q. You had a couple (inaudible) I guess and the emotion going through your mind right now winning a tournament and everything for you?

BEN SILVERMAN: I mean, going forward it's still working on everything I've been working on the last couple months, but emotionally I'm really proud of myself. I'm very happy. Honestly, even if I didn't win, I would have come in second, it still would have been a phenomenal week. The trophy is just that much sweeter. I'm just going to wait to celebrate with my wife, my family when I get home, my coaches, support staff, everybody. It's very special.

Q. Kind of had an interesting start to the morning. Do you want to explain the shuttle mishap?

BEN SILVERMAN: I mean, I had a great start to the morning, but I had like some butterflies so I was doing some meditations to kind of calm down. And I don't know, I guess I just went longer than I thought, I guess like 40 minutes. I was looking at my phone, I'm like 8:00, I'll catch the 8:30 shuttle, no big deal. I get there and there's no 8:30 shuttle, it's like (inaudible).

So I'm like, no, I need to go to the golf course now. He's like, bro, you're costing me money. I'm like no problem, gave him a little money, off to the golf course, it's all good. The driver was so funny, he was like how ya doing? I guess I'm leading. You're leading? What? Come on. He like smacked the steering wheel, like let's go.

Q. The notes that you were talking about, are you comfortable sharing the notes that you wrote to yourself this week?

BEN SILVERMAN: Just a couple things like be present, act the way I want to feel. And there's more, but a lot of little mental reminders when things are going good and bad. I tend to in the past get too far ahead, result oriented. That happened to me today multiple times, so I'm just kind of staying focused and let my skills do the work, get out of my own way really.

Q. What led to the kind of mentality focus? When did that happen and (inaudible)?

BEN SILVERMAN: I probably stepped up that mental work probably over the last three weeks to a month. Listening to a couple podcasts, Sean Casey was one of them (inaudible)

podcast that got me fired up. Then I went down a little rabbit hole, found the name of a guy that is in like -- sorry -- Major League Baseball. Like he's top of the sports psychology now, works with some UFC fighters. I'm like I'm all in with this because physically my skills are feeling great and I just need to get my head in the right place. I'm still going to keep working on it nonstop.

Q. Membership privileges, were you aware that that's something that comes with this and how excited are you to have that?

BEN SILVERMAN: I had no idea, but that's unbelievable, honorary member out here. You can guarantee I'm going to bring my wife, friends, sponsors, we're definitely coming back for a vacation, for sure.

Q. And this will probably be like an (inaudible), watching any of like Darren Clarke or anything like that?

BEN SILVERMAN: Oh, yeah, like he's -- seeing him now is kind of crazy because when I was a shitty golfer trying to get better at golf, really getting into golf and starting to watch pro golf, I was watching him on TV nonstop. He's one of the names that when I was I guess growing up getting in the game of golf, like he was super (inaudible), I watched him on TV all the time.

Q. Brooks kind of mentioned your journey (inaudible) on the sixth tee. Like what is it right now (inaudible) getting back to the top of the game?

BEN SILVERMAN: Yeah, it's hard to put into words. I've put in so much work that a lot of people probably put in trying to chase the same dream. It's hard to put into words, it's pretty wild.

Q. (Inaudible) supported you through this whole time (inaudible). It's been a while. What's that like?

BEN SILVERMAN: It's everything. Our relationship is the best. We met in 2014 and she was a full time chiropractor (inaudible) and when I started getting better at golf and chasing my dream, she quit working and basically fully supported me to chase my dream. She caddied for me when I became a rookie on this tour, caddied for me for a year and a half until she was four months pregnant and she's a big component behind the mental work I've been doing. I talk to her every day about the stuff I'm working on mentally. I'd probably (inaudible) right now (inaudible) care she gives me (inaudible) and our (inaudible) is just awesome.

Q. What program are you at now?

BEN SILVERMAN: Nothing. I was trying to do as much golf as I could. I was just taking electives.