

Tilt

The term [tilt](#) originates from old flipper machines tendency to become inoperable after the player in a rage smashed against it, rendering it inoperable to avoid future damage. It would display a message mechanical or electronically noticing that the machine has become "[tilted](#)".

You could also say that a player that is "[tilted](#)" is no longer in a calm and balanced state of mind.

[Tilt](#) is something that is caused by a serious of events that trigger an emotional response by the player. After a certain treshold, differing from person to person, is reached, the person is effectively "on [tilt](#)" until the person is able to move away from the task at hand and relax or simmer down.

Everybody has a [tilt](#) cap from where they start to act unrational, driven by emotions and instinct. In poker this cap can be reached through triggering events like bad beats, bad play, winning or losing hands, everything that enlists an emotional response [raising](#) the player's emotional state's dominance over rationally calculated thinking, which happens in the cerebral part of the brain.

Once the [tilt](#) cap is breached, the cerebral decision making is rendered ineffective and the more rudimentary and primitive parts of the brain take over. Once a player is in this [tilted](#) state, being aware or not, the decision quality and capability of rational thinking is severely or completely impeded.

In order to get off [tilt](#) and back to a balanced calm state with cerebral thinking dominating the decision process, the player has to quit the activity and relax from the emotional stress. A lot of resetting the mind is done by either stepping away from the task at hand, in this case poker, or meditate on the feelings and [tilt](#) in order to accept and dismiss it as an active form of emotional relaxation.

Autopiloting in poker, meaning no longer being completely aware and rationalizing all, even the most obvious decisions, can already be a form of [tilting](#).

The less subconsciously accessible knowledge is present in a player's mind, the more the autopilot-[tilt](#) will result in mistakes and bad play.

So in order to effectively limit the damage [tilt](#) does is to either accumulate more knowledge to have the [tilt](#) be less harmful when it happens, or reduce the amount of emotional responses and their impact, or supplying yourself with a large amount of emotional responses needed in order to breach your personal [tilt](#) cap level.

A lot of player's tolerate their concious or unconcious [tilt](#) as not important and live with the fact that they are not playing their [a-game](#), or are not doing anything to get their [tilt](#) level back down again after a session. But it is good to be aware of the effect of [tilt](#) you personally have and adress it if it has become a major problem with your poker game, or in life in general.