



# *Take Fear By The Reins:*

An action guide to address equestrian fear  
and anxiety with calmness and a plan

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“Fear defeats more people than any other one thing in the world.” - Ralph Waldo Emerson

## **You are not alone. Everyone struggles with fear!**

It takes AWARENESS and STRENGTH to honor that you are feeling afraid, worried, or feel anxiety.

You can do only one of two things;

1. You can pretend that you are not feeling something, deny to yourself and others what you are feeling and push your feelings aside. By doing nothing, you are changing nothing and therefore should not expect any change in your end-results or feelings.
2. FACE YOUR FEARS – honor what you are feeling and admit to yourself the truth behind your emotions. Take action to work through what you are feeling and what you need to do to release this feeling.

**Do not wait on your dreams! Stop being afraid and let go of the fear that holds you back. Make active, forward movements toward your heart’s desire now.**

As humans, we are not given the promise of both infinite days and chances to reach where our heart and soul's calling is taking us. Since we may only have today, what if you...

could live each day for that day's goals, doing all that you could to reach your ultimate, cumulative goal.... would you take that challenge while letting go of the fear that's blocking you?

Have you ever heard the stories of people who find out they have a terminal disease and suddenly, they decide to change how they live their lives? They only do what makes them happy, what makes their heart sing, and they start making the most of what feels like the right thing for that day because they know their time is limited. It is amazing what happens when you release all your fear to the universe and live simply to live.

You don't need a terminal sentence to live NOW! You only have one "now" and it's time to make the most of it! Don't let your fear hold you back from living the life you've always wanted.

We are going to begin with the emotional feeling that fear brings out in us. There are many different types of fear that we will dive into more in-depth as we move forward, but we first need to address how to handle those fears through descriptions of a "valid fear" and a "fearful fear."

“We have nothing to fear but fear itself.”

Franklin Roosevelt

This famous quote has been amply used throughout the last century for its validity of perception. Often, it is the fear in-and-of itself that holds us back. It is that same fear that stops us from trying something new and ultimately ends up being more dangerous than the action itself.

You must find the TRUTH behind the fear. The TRUTH lies in whether the fear is a valid fear or a fearful fear.

A **Valid Fear** is a fear that could have a high probability of getting the fearer physically hurt. An example would be a fear of jumping off a bridge.

A **Fearful Fear** is the anxiety of a fear. It's the idea that you could get hurt, even though the reality and likelihood is very slim. For example, the fear to drive to the grocery store because you could get in a car accident. Yes, this is a valid fear in the sense that you could get physically hurt, but the likelihood and percentage of that happening is very slim.

Sometimes the risk outweighs the improbable result for us.

These ideas are for each one of us to come to our own understanding on. So, ask yourself what's the worst thing that could happen given the circumstances, then ask how likely that result is to happen and if it is still worth doing in the end.

“You block your own dream when you allow your fear  
to grow bigger than your faith.”

Mary Manin Morrissey

**Don't stand in your own way any longer.**

Make the commitment to promise yourself right now, “From this moment forward, I will work hard to let go of that fear.”

Make each day the very best it can be!

Take the time and make the effort to keep this promise to yourself!

Look back through this material as much as you need so you can remind yourself what you want for **YOU**.

“He who fears something, gives it power over him.”

## Moorish Proverb

Let's begin to go into fear to understand what fear really is, what it's telling us, and how we can be more aware to work through our fear.

Our Essential Skills for one's self;

1. Emotions need to be seen as a gift that everyone has and receives. It is our body's way of sending us messages through our emotions.

Begin to listen to our body and emotions and recognize that emotions are there to guide us (if we will listen) and begin to bring awareness to each emotion and how it feels in our body for us.

2. Learn to sit with uncomfortable emotions without panicking and get the information behind these emotions. We must honor what we're feeling while it is still small and before it escalates into unhealthy levels.

Try to begin to acknowledge when you feel an emotion and try to catch it while it is still small -- this is key. We want to get the message and work through the emotion while it is just beginning and before it can grow to a bigger manifestation. We must listen to and trust our bodies!

A great example of this ideology would be if your eye begins to twitch while you're focusing on a stressful situation. You keep your focus on the negative stress and keep pushing through. An hour later you have such a severe migraine that you must take medicine and lay down to get relief. You ignored your body's warning system so it escalated, forcing you to find a release so you'd stop focusing on the toxic situation at hand.

3. See “misbehavior” as a form of communication. Look to a deeper meaning behind the behavior when someone acts out.

Don't take it personally when someone lashes out with their emotions around you. It's usually something different altogether that is going on in their life and you happen to be taking the brunt for it. For example, you have had a stressful day at work and you come home to your husband making a mess in the kitchen. You get angry and take out all the frustration of the day on him. It is imperative to honor where someone else is at, where they stand in their niche, and how they are feeling. Try not to take on their baggage or take it personally.

4. Understand the shared emotion: Distinguish between instructive personal feelings, conditioned (Inner-Critic) emotional patterns, projection and taking on the feelings of others.

With this notion, there are many different parts and patterns. First, let's identify the emotion that you feel and replace a negative-feeling emotion with a more positive one. It may just take one more step up the ladder to feel one more step out of the negative and closer to the positive. When we identify what we DON'T want, then we can identify what it is that we DO want and take a couple steps closer to reaching that utopia. We call this “emotional agility” and “emotional scale”.

The conditioned response, or “Inner-Critic”, is the voice we hear that patterns what we previously have been conditioned to think from others throughout our life. These are ideas that society or authority figures have led us to believe. For example, my grandparents told me that you don’t ever listen to or otherwise buy anything from the salesmen that calls you on the phone because they are always a scam. This could be correct, or it could be superstition based on their previous encounters, but that is a conditioned response. Either way, I hear my Inner-Critic pipe up and tell me this every time I am on the phone with a sales person.

That Inner-Critic is also that self-voice of doubt, fear, and concern that, again, is not really our voice. We must turn that Inner-Critic off to reach where we need to be emotionally and mentally. As another example, every time we say “should” it is our Inner-Critic trying to make us feel guilty or otherwise do something we really don’t want to do for ourselves. We must learn to begin to recognize the Inner-Critic and cast it off to begin to truly hear ourselves.

Examples of the “should” mindset:

I should go back to school.  
I should get a better job,  
I should try harder to keep a neater house  
I should control my weight

These are all false-self or Inner-Critic ideas. They are not you. You can do and think and feel anything you want to! Tell your Inner-Critic that you don’t want to hear it and find the voice that honors you.



5. Resist the temptation to aggressively “fix” people, horses, uncomfortable situations, etc. Learn how to honor someone right where they are and to know that just being with someone is often helpful.

Think about when you are upset and how your animal responds accordingly. If you are crying and distressed your pet will come and sit with you. They will just be with you and share that space and moment until it resolves itself. They do not tell you what you should have done differently, how to fix the situation, or even that everything will be ok. Your animal can just be with you and bring comfort by sharing the space. We, as people, need to work on perfecting that idea.

When someone is upset, instead of telling them what to do, just mentally and physically be there. Start to practice that and not only will you feel better, but so will the other party. Stay in your own energy and space and allow them the same privilege. Dropping down from your energy of happiness or joy to be down with the likes of anger, sadness, or grief does nothing for either of you except lower your spot on your emotional scale.

6. Create a psychological container of support, holding the sacred space of possibility that each person will find their inner path to well-being. Knowing that each person has exactly what they need within themselves when they look to find their best selves. This form of patience helps us and others as we all work towards connecting with our “Authentic Self”.

Remember that two people can be in the same place and witness the same event but have a totally different experience. Imagine that a car accident happens in front of five witnesses. When the police interview each of the five witnesses, each one will have a different account of what they remember and exactly how they remember the accident happening. No one person is right or wrong; it is innate human nature that we all interpret and process events differently.

Remember that what you interpreted to be your truth and what seems to be a matter-of-fact in your mind may feel totally different for someone else. This is all ok and that is what makes us all so distinctly individual. There is no universal right or wrong or the idea that we must all feel the same, so remember that adage when you are with people. Become aware of how you speak, such as “for me that felt” or “for me it was” that way you honor the other people and what differences there might be.

“Nothing in life is to be feared. It is only to be understood.” - Marie Curie

Understanding and grasping the meaning behind fear and the emotions that go along with it is the first step in becoming aware of what our emotion is trying to tell us. If we can take the emotion and break it down to learn more, then we can begin to help dissipate the emotional reaction that goes with fear.

## Fear

Message: Intuitive, focused awareness of a threat to one’s physical, mental, emotional, or spiritual well-being.

- Fear is our natural warning system
- Fear is a *high state of alertness* – it increases focus and readiness
- If you *welcome* it, you will feel nimble, balanced, and agile. You do this by getting the message behind the fear.
- Fear is a *protective emotion*. Fear asks us to *honor ourselves*, our instincts and our intuition.
- Fear is *activated* when you encounter *change*. It helps you to identify, sort, understand, translate, and act upon cues that you receive.

- When your *fear lifts and goes away*, then you have received the message it has intended for you.
  - Some people feel fear and it completely takes them over.
  - People sometimes wait and get themselves in the middle of a situation, *horses will get themselves out of it*.
  - Our *culture* teaches us to override fear.
  - *Always honor fear* in the barn and move away from the danger.
  - If you *suppress* fear, it will only get *larger*. We avoid this by asking questions.
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## Questions to Ask -

1. What is the threat?
2. What must I do to move to a position of safety?

## Intensifications:

If we ignore the message while it is small the emotion will intensify to get our attention.

- If we suppress our fear and do not honor or listen to it, then it intensifies into: ***Worry and anxiety*** – which are essentially, trapped fear. You feel: dread, a nagging feeling, you are wary, nervous or apprehensive. They are a result of: stuffed, rejected and dishonored fears.
- ***Confusion*** – blocks your ability to move forward. This happens when we cannot access our fears consciously; we have masked the fear and lost our instincts. We must begin to look inside for answers.
- ***Dulling of senses*** – a result of fear that has been suppressed for years. Someone who has felt so much for so long that their senses get dulled.
- ***Panic and Terror*** – You ignored the warning when it was small, so you're now in survival mode and your body has pushed you into a full-blown escape mentality for ignoring and honoring it while it was small.

- ***Dissociation*** – You are cut off from your own body and/or feelings. You can't get away or fight, so you just leave. People and horses who have been abused use this survival technique quite often.

For many people, fear and vulnerability feel very similar in the emotional way they come up for them. To me, vulnerability is a form of my fear and I am sure many other people feel the same way. When I stepped out as a professional, my fear started to manifest as vulnerability, or a fear of emotional harm versus the fear of physical harm. Both fear and vulnerability make up the meaning behind the emotion that comes up.

## Vulnerability

Message: Something significant is about to change or be revealed for you.

- Your old patterns are not going to work, and your False-Self begins to panic.
- You want to run or fight, but there is no physical danger.
- Someone feeling vulnerable may feel an irrational need to get away.
- Someone feeling vulnerable may have more going for themselves than they are ready to admit or acknowledge.
- True gifts may be revealed or some other life-changing shift.
- Someone who never cries, but the tears start falling; This person may lash out at you because they don't know how to deal with their feelings of vulnerability.

## Questions to Ask -

1. What belief, behavior or perception is being challenged?
2. How might my life change if I accept and adapt to this new insight?

## Distinction:

- Fear is an **external** threat. Fear is a result of a threat to your physical, mental, emotional or spiritual well-being.
- Vulnerability is an **internal** threat. It is a **fear of something opening up or changing**. You have to be able to stay in that vulnerability and **learn from it without panicking**. You may view vulnerability as an **opportunity for understanding yourself**. You get a chance to know how you perceive the world, and to **adjust your behavior** based on new insights.

## Intensifications:

- If we do not get the message behind our vulnerability, it intensifies into **panic, anger or rage** because the conditioned personality, or the False-Self, goes into a **flight or fight** mode to get away from the new insight. **Panic** occurs when the False-Self needs to run away from the insight. **Anger or rage** is a product of emotions being ignored and suppressed so they rupture into an explosion.



“Focus on where you want to go, not on what you fear.”

Anthony Robbins

Now that we have a better understanding of fear and vulnerability, it is important to focus on tuning in to feeling those emotions while they have room to grow. We know what the intensification of each of those emotions will look like if we ignore them and let them fester.

Be ***AWARE*** of how you are feeling and what you are focused on as you feel that. Work through how you feel and what is causing the fear or vulnerability.

At times it is easier to realize what we do not want. That can lead us to a precise opposite of what we do want. Think about that as you are focused on what you don't want to happen or what you don't want to be feeling. Replace that with what you do want and how you want to feel.

Decide to live in **JOY** and **HAPPINESS**.

By making the conscious choice to be happy and find the joy that feels better you can allow your feelings to guide you in what choices you make and what thoughts you think about the subject at hand.

You only have one opportunity to take that chance, make that choice, try that something new... **SO TAKE IT!**

Jump out there for yourself, realize that you are worth it.

Fear is just an obstacle to hold you back, make you over think, and make you feel like you can't achieve something, especially if it is hard.

Don't allow fear to be your obstacle. **YOU CAN DO IT!**

Your dreams are your dreams and you soul's passion. What is life without dreams?

Remember that fear is our emergency warning system and we must honor that, but also be aware of the False-Self and what is danger.

Fear can be overwhelming and even cause us to freeze up at times. Remember to always take a step back, breathe, and make good choices going forward.

We all struggle with fear in different aspects of our lives, and we will never be totally fear free..... however, we can begin to become so aware when fear jumps into our mind that we can catch it almost instantly.

No one can make you feel an emotion or a certain way about a situation! Only you can decide how to react to another, but you are 100% responsible for how you feel and how you react. No one can force you to feel a certain way....no one has that kind of power over you.

We have freewill and we can choose to react to a situation in a set way, but no one can make us react that way. The same mentality goes into the realization that we cannot make SOMEONE ELSE feel or think a set way. This goes back to our Essential Skills, and this can be a key to our happiness as well as our release of fear.

**You are not responsible for how someone else feels or reacts!**

**No one else is responsible for how you feel or react!**

Let go of judgment, as you do not know what anyone else is thinking or feeling. That is not up to you, nor is it worth your focus to pull you out of your personal happiness and joy.

At times we may think someone is watching us and thinking a certain thought about what we are doing. When in **REALITY**, they are so busy with what they are doing and what is going on in their life they are not even paying attention to what you are doing. Don't give your power away when most people don't want it, as they have their own stuff going on.

Remember to fill our thoughts and lives with joyous feelings and take the time to find the good in every situation. Every situation can be a growing opportunity if we are willing to be open to see that.

Stay positive, triumphant, and happy as we work through our fear.

**“Do one thing every day that scares you.”**

**- Eleanor Roosevelt**

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## Working Through Fear

Two things to remember when working with Fear;

1. **ALWAYS** honor what you are feeling for yourself.
2. Identify what type of fear you are feeling.

There is no good or bad emotion! All emotions are messages and you must get the information behind the emotion and what it is telling you, or what it means to you.

The Two Fear Types;

1. Fear of Physical Harm – that means that there is a risk or threat of physical harm or, alternatively, a hazard to one's bodily, emotional, mental, or spiritual well-being.
2. Fear of Failure - this is a fear or anxiety of going through with something. The fear of looking foolish, not doing something well, etc. This is also categorized as vulnerability.

Start by identifying what fear you are feeling. (Ask yourself the following questions to determine which fear you are feeling)

Q.- Are you in fear of your physical, emotional, or spiritual safety?

Q.- Are you in fear of trying or doing something that has a risk or failure, looking foolish, or painful to follow through and do?



Where in your body do you hold your fear, and what does it feel like?

- Close your eyes and think of a moment or time you felt fear. Go to that moment and remember what was happening.

- Where were you?
- What were you doing?
- Who was around?
- Be in that moment

- Where in your body do you feel your fear? \_\_\_\_\_
- What does it feel like in your body? \_\_\_\_\_

Now go to that moment and live in that space. What are/were you afraid of? How did you react and what did you do? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- What would have made that moment feel better?

- What changes or reactions could have potentially made it feel less fearful?

\*\*Feel in your body as you work through the different answers. Feel for what helps to bring the fear or emotions down in your body to become more comfortable. \*\*

Now you know;

- Exactly where in your body you hold your fear.
- What fear feels like in your body; Start to tune into your body and get the message while it is small, before it escalates. Honor how you feel and recognize that there is no good or bad emotion just a message for you.
- Your answers on what you need to help you feel more confident allows you to release your fear.
- How to work to find a better-feeling emotion and have awareness of your fear is a key to mental success. The awareness to change your thinking (or actions) while your fear is small keeps the fear from heightening and getting larger and out of control.

Please remember each person is an individual with your own experiences, likes, and dislikes. As such, every person will experience emotions differently with your own answers and needs as well. Honor yourself and where you are at as there are no right or wrong answers.

**RELEASE** those feelings and emotions from the fear exercise! Shake, get up and move around, whatever it is that you need to do to clear those feelings and emotions from your body.



You will now repeat the exercise.

Now you want to feel for where in your body you hold your...

### **JOY AND SUCCESS.**

- Close your eyes and think of a moment or time when you felt success or absolute joy in your life. “The happiest moment of your life”
  - Where were you?
  - What were you doing?
  - Who was around?
  - Be in that moment – relive the moment, go into the moment and feelings.
- Where in your body do you feel your joy and success? \_\_\_\_\_
- What does it feel like in your body? \_\_\_\_\_

Now you know where in your body you hold **joy and success**.

Think of this as your guide to listen to and gauge your response as to where you are in relation to emotions and how they feel in your body.

Using our *Body Exercise* as our guide for the next exercise we are moving onto the

## FEAR LIST

List 5-10 things you need or want to do but perhaps feel hesitant to begin working towards.

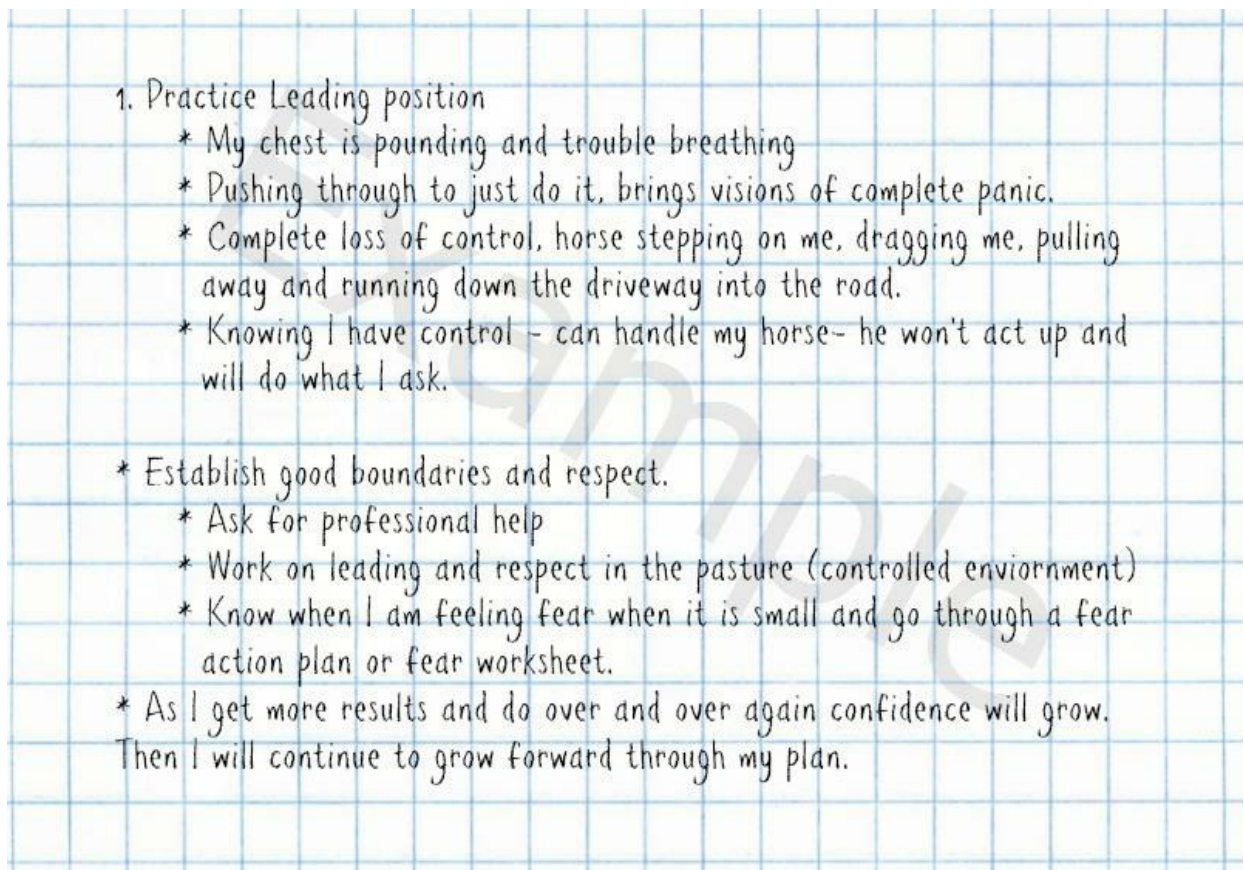
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now look at each list item you have. Feel your way through this list, so you feel which list items hold the highest fear reaction in your body. Now you will take each of the list items and work through each one individually. Select one of your highest reaction items for you to address off of your list.

Look at the **Individual Fear List Item**;

- What feeling or emotion is coming up for you as you think about this item?
- What is the fear behind the action?
- What action or thought brings relief?

Here is an example of working through an Individual Fear List Item, and you can use these steps as you work through each one of the items on your list. There is no time limit on how long you must or can work on one list item. Some items will be easier to work through than others, and some may take only one time to ease the fear. Other selections may take multiple times of working through them to release the fear. You will find that it is a useful tool to use for all List Items in your life.



You now have several tools to help you will your process forward in identifying fear, as well as understanding and working forward through your fear. The final piece in our first part of the fear series is to have the fear action plan handy. This is the process to carry with you, perhaps in your wallet so you can always have this tool with you. After all, we all have a lot to work through!

# Fear Action Plan

Honor myself! Fear is my body's warning system for me to be aware of and listen to.

1. STOP!
2. At what level is my fear? (0-10)
3. What is causing my fear?
4. Is my fear "real" or physical danger? Is my fear the thoughts I am thinking, how I am looking at it, or thinking about the situation?
5. What results do I want to create at this point?
6. How can I safely reach that?
  - a. What do I need to do right now in this moment to be safe?
  - b. What do I need to do long-term to reach this goal safely?
7. Think small and go piece-by-piece or step-by-step
8. Do I need to seek help or can I do this myself? Never be afraid to reach out!
9. Continue to check back in with myself and honor my feelings, as well as check in with my horse to see how they are reacting.
10. Keep a journal. Keep notes, goals, action plans, progressions as well as problems or struggles to create further action plans.
11. CELEBRATE every success – no matter how big or small.

The more connected you can become to how you feel and what that means to you, the greater your emotional awareness will become. Learning to tune into your emotional awareness as well as your horse's is the ultimate goal for true connection and confidence.

- Kristin DeLibero

I wanted to give everyone a tool for planning ahead. I know when I have the opportunity to plan ahead of time for a specific event or trip then I can work through some of the fear before it even has the opportunity to surface. It is as if you're putting together a first aid kit so that if something were to happen then you know you have what you need for a potential disaster.

Think of the Fear Emergency Kit as your way to plan ahead and have the tools you need.

The longer you can sit and focus on your kit, as well as the emotions that go along with the fear, the greater the success of the Fear Emergency Kit.

# FEAR

## Emergency Kit

You are in the moment and you can already feel fear beginning in your body. What should be your next step? Before you find yourself in a place of fear, here is your Fear Emergency Kit to help you better prepare to have the tools to work through your fear effectively.

Are you making this for a specific goal or event? I recommend creating a fear emergency kit for each specific goal, event, or fear.

### **Q. What do you need in your Fear Emergency Kit?**

**A. Everyone will have different tools and items. As such, you will have different tools and items based on the use or intention of each kit.**

\_\_\_ Include a couple copies of the Fear Worksheet to help you work through any fear in the moment.

\_\_\_ Write the name and number of a support person on a notecard who you can contact for encouragement or support to help walk you through the moment.

\_\_\_ Additionally, be sure to list an emergency help number of someone you can call if you're in distress. This could include a horse trainer, life coach, forest ranger, vet, or anyone else who you trust.

\*\* Though the chances are slim that you will ever need these numbers, knowing that you are prepared eliminates some worry and stress. Knowing you are prepared to handle things can help to take fear and anxiety away in the first place. \*\*

\_\_\_ Choose a photo of your end goal that speaks to you. For example, if you are showing in a new class at a horse show then find a photo of that event that motivates you and makes you feel excited. If you are going on a new trail ride, find a photo of a trail with calming and relaxing feel to it.

\_\_\_ Write, type, or draw a motivational or inspirational quote on an object that speaks to you.

\_\_\_ Include any of the following items that call to you. Include anything that helps to relax, calm, motivate or keep you clear and grounded. – Simple is better for this kit as well. –

\_\_\_ A color

\_\_\_ A smell

\_\_\_ A type of flower, tree, nut, nature

\_\_\_ An animal that is special

\_\_\_ A place

\_\_\_ Photos

\_\_\_ A word

\_\_\_ Thoughts

The more time and detail you put in the kit the more effective it will be for you.  
Take your time to enjoy the moments of collecting and inspiration.

Now find a box or folder for whatever size of a kit you will need. Each Kit can vary in size based on the amount of emergency tools you will need to carry with you to have on hand. Try to find something that calls to you and feels neat or special.

You may choose to decorate the outside of your emergency kit. If you are creating this emergency kit for a specific event or a particular fear, then make sure to be specific when filling it with your content and tools. Feel for what is going to be the most helpful or perhaps what content will work the best in the circumstances.

This kit can be made as big or as small and as many times over for as many fears or events as you wish. I like to keep my emergency fear kit at the barn in my normal day-to-day activities with my horses as at times things come up in my daily training routine as well.

Enjoy yourself while taking the time to create your amazing Fear Emergency Kit now.



## Our Deepest Fear

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous.

Actually, who are you not be?

-Marianne Williamson

Now that you have planned ahead to make your Fear Emergency Kit you will obtain one more helpful tool that I want to share with you. I want to introduce the Fear Worksheet to you.

If you are in the moment and the emotion of fear comes up for you, then the Fear Worksheet is a crutch to lean on. You can work through this in the moment and not have to carry your entire Fear Emergency Kit with you.

I created the Fear Worksheet when coaching clients through situational fear and creating a tool they could have with them.

How you look and feel toward a situation or emotion is the greatest key to understanding, yet relief and success are the next optimum steps.

# Fear Worksheet

My Fear is \_\_\_\_\_

(Always honor how you are feeling and if you feel fear then move to a place of safety right away!)

This is a Valid Fear or Fearful Fear (circle one)

Valid Fear is the idea that the **actuality** of getting physically hurt by doing this action is high.

A Fearful Fear is the probability of literally getting physically hurt is lower than you think or are otherwise convincing yourself of.

This fear is a;

Fear 1 – Physical Harm (risk or threat of physical harm)

Fear 2 – Failure (risk of vulnerability or looking foolish)

By doing \_\_\_\_\_ the absolute worst thing that could happen to me is \_\_\_\_\_

and that would feel \_\_\_\_\_  
\_\_\_\_\_.

If I don't do \_\_\_\_\_ I am missing out on experiencing \_\_\_\_\_  
\_\_\_\_\_.

If I do \_\_\_\_\_ and it goes perfectly it would look like \_\_\_\_\_

\_\_\_\_\_ and I would feel \_\_\_\_\_  
\_\_\_\_\_.

Steps I can take to prepare are;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I can ask who for help, advice or moral support;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some steps I can take to do \_\_\_\_\_ and feel safe?

**\*Short Term Action Plan \***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**\*Long Term Action Plan\***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The key to fear and honoring your emotions is to work on it every day. There is no “end” or finish line when it comes to understanding, feeling, and honoring fear or your other emotions.

Each day get just a little more aware of how you feel and when you begin to feel these sensations. In time it will get quicker and easier to catch.

These tools I have shared with you here are just the beginning to help you overcome and work through your fear and false self to become joyous and free.

Please join us at [HorseGirl.me](https://HorseGirl.me) for an amazing membership opportunity for personal interaction and a growing video and module library for all aspects of living the life you wish to live for you or your partnership with your horse.

There is also personal coaching and more in-depth and in-person continued assistance available!

Thank you to Linda Kohanov with the Epona approach and her teachings on fear and vulnerability as taken from ‘*Riding Between the Worlds*’. I recommend Linda’s *Tao of Equus* book as well.

We have taken it upon ourselves to also provide some bonus materials in the back of the workbook and thoroughly hope you enjoy them!

In closing, I wish to leave you with one of my favorite sayings and one that helps inspire me to live each day for the pinnacle day that it is:

***Choose joy and courage, look for the positive in every situation, and remember knowing what we do not want can make it easier to know what it is we do want.***

## The Secret Method of Inviting Blessings

For today only, do not anger.

For today only, do not worry.

For today only, be Grateful.

For today only, do your work with appreciation.

For today only, be kind to all living things.

For today only, think this in your mind.

For today only, chant this with your mouth.

-The Usui Reiki Method

# BONUS MATERIALS

These bonus materials are to help increase your availability to tools when you need or want them.

Carry some of these versions with you in your wallet, purse, or wherever you wish.

Have extra copies of these great handouts just for you.

ENJOY

# Fear Action Plan

Honor myself!! Fear is my bodies warning system for me to be aware of and listen to.

1. STOP!
2. At what level is my fear? (0-10)
3. What is causing my fear?
4. Is my fear "real" or physical danger? Is my fear the thoughts I am thinking, how I am looking at it, or how I am thinking about the situation?
5. What results do I want to create at this point?
6. How can I safely reach that?
  - a. What do I need to do right now in this moment to be safe?
  - b. What do I need to do long term to reach this goal safely?
7. Think small and go piece by piece or step by step
8. Do I need to seek help or can I do this? Never be afraid to reach out to others!
9. Continue to check back in with myself and honor my feelings, as well as check in with my horse to see how they are reacting.
10. Keep a journal. Keep notes, goals, action plans, progressions as well as problems or struggles to create action plans.
11. CELEBRATE every success – no matter how big or small. –

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## *The Secret Method of Inviting Blessings*

**For today only, do not anger.**

**For today only, do not worry.**

**For today only, be Grateful.**

**For today only, do your work with appreciation.**

**For today only, be kind to all living things.**

**For today only, think this in your mind.**

**For today only, chant this with your mouth.**

**-The Usui Reiki Method**

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Fear Worksheet

My Fear is \_\_\_\_\_ (Always honor how you are feeling and if you feel fear move to a place of safety right away!)

This fear is; Fear 1 – Physical Harm (risk or threat of physical harm)

Fear 2 – Failure (risk of vulnerability or looking foolish)

By doing \_\_\_\_\_ the absolute worst thing that could happen to me is \_\_\_\_\_ and that would feel \_\_\_\_\_.

If I don't do \_\_\_\_\_ I am missing out on experiencing \_\_\_\_\_.

If I do \_\_\_\_\_ and it goes perfectly it would look like \_\_\_\_\_ and I would feel \_\_\_\_\_.

Steps I can take to prepare are;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I can ask who for help, advice or moral support;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some steps I can take to do \_\_\_\_\_ and feel safe?

**\*Short Term Action Plan \***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**\*Long Term Action Plan\***

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- \_\_\_\_\_
- \_\_\_\_\_



## **10 Quick and Easy Tips to Riding Fearless**

### **1. Always Wear a Helmet When You Ride.**

If you know you are taking safety precautions, then it makes you more relaxed when riding in case something were to happen.

### **2. Ride in a Saddle that Fits You and Your Horse.**

When you are in a saddle that fits you correctly, you are in the right body position to stay balanced. It is also more comfortable for you as the rider and makes it easier to stay balanced, in position, and feel secure. If the saddle fits your horse correctly, it won't slide or slip out of position so you will stay where you and the saddle need to be. A good fitting saddle will also make your horse more comfortable and not pinch, aggravate or hurt your horse. Sometimes a bad fitting saddle can lead to bad rides or behavior.

### **3. Always Check Your Equipment Before a Ride.**

Always check your saddle over and cinch/girth any attachments for safety and correct application. Make sure your equipment is always in good repair, don't use broken tack or equipment. Check your bridle, reins, and bit as well before you put it on and go for a ride. Faulty equipment can be a serious safety hazard so always keep up with your tack.

### **4. ALWAYS Wear Boots when Riding and Handling Horses.**

This is a large safety concern for the handlers and riders. Most barns have rules that you must have on boots to handle or ride a horse. No matter how well-mannered and easy your horse is, accidents happen and it only takes one bad step for a foot injury. It can be prevented by wearing the correct apparel.

### **5. Never Ride Alone.**

It is always a good idea to make sure you do not ride alone. If you ride at the farm make sure that there is someone around, even if they are not riding. This is also a good idea if you go out to ride on the trails or back in a field. You are better off coordinating with a friend and riding out together. Sometimes that can be hard to do, but for safety and confidence it is better to wait for someone who can go with you.

## 6. Try to Avoid the Dark.

Some people trail ride and camp in the dark with their horses. This is where knowing your ability and your horse is crucial. I always suggest trying to plan your rides so you are not caught riding in the dark. Things look differently in the dark and sounds can be more concerning, for both you and your horse. Sight can be a safety issue as well, so keep in mind that riding in the daylight is the safest route.

## 7. When in Doubt Ride in a Controlled Area.

Riding in an arena, round-pen or perimeter fenced area is always a good idea if you are learning something new. The less experience you or your horse has, the easier it is to stay in a smaller space such as an arena. I enjoy trail riding, but I always suggest staying in a controlled area when riding alone or starting out.

## 8. Pay Attention to how You Feel.

Horses are amazing at mirroring what our body language has to say to them. A lot of the time we are not even aware at what our body is doing in response to what we are feeling or thinking. Be aware of the emotions your body is feeling. I always suggest not riding if you come to the barn while you're angry. Work through your anger and once it has dissipated then saddle up to ride.

## 9. Pay Attention to Your Horses Cues.

Like people, horses can have good days and bad days. Pay attention if your horse seems extra "crabby" or unhappy when you are grooming and tacking. Notice if your horse seems jumpier than they usually are as you lead them in or saddle up. Always walk your horse out to ride, paying attention to your horse's movement to make sure they are not limping or sore anywhere. This is one of my biggest suggestions for a daily routine. Get to know your horse and you will know if your horse is having a bad day.

## 10. Take the Small Steps.

Don't try to push yourself or your horse too far or too fast. Take the small steps to reach your goals and always end on a good note. If we try to do too much all at once it can create larger problems.

Keep your Emergency Kit and materials with you to help when you need it and ENJOY THE RIDE!

# Fear Worksheet

My Fear is \_\_\_\_\_

(Always honor how you are feeling and if you feel fear move to a place of safety first thing!)

This is a Valid Fear or Fearful Fear (circle one)

Valid Fear is the probable *actuality* of getting physically hurt by doing this activity.

A Fearful Fear is the idea that the probability of actually getting physically hurt is lower than you think or are otherwise convincing yourself of.

This fear is a:

Fear 1 – Physical Harm (risk or threat of physical harm)

Fear 2 – Failure (risk of vulnerability or looking foolish)

By doing \_\_\_\_\_ the absolute worst thing that could happen to me is \_\_\_\_\_

and that would feel \_\_\_\_\_  
\_\_\_\_\_.

If I don't do \_\_\_\_\_ I am missing out on experiencing \_\_\_\_\_  
\_\_\_\_\_.

If I do \_\_\_\_\_ and it goes perfectly it would look like \_\_\_\_\_

\_\_\_\_\_ and I would feel \_\_\_\_\_  
\_\_\_\_\_.

Steps I can take to prepare are;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I can ask who for help, advice or moral support;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some steps I can take to do \_\_\_\_\_ and feel safe?

**\*Short Term Action Plan \***

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**\*Long Term Action Plan\***

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Fear Worksheet

My Fear is \_\_\_\_\_

(Always honor how you are feeling and if you feel fear move to a place of safety first thing!)

This is a Valid Fear or Fearful Fear (circle one)

Valid Fear is the probable **actuality** of getting physically hurt by doing this is action.

A Fearful Fear is the idea that the probability of actually getting physically hurt is lower than you think or are otherwise convincing yourself of.

This fear is a;

Fear 1 – Physical Harm (risk or threat of physical harm)

Fear 2 – Failure (risk of vulnerability or looking foolish)

By doing \_\_\_\_\_ the absolute worst thing that could happen to me is \_\_\_\_\_

and that would feel \_\_\_\_\_  
\_\_\_\_\_.

If I don't do \_\_\_\_\_ I am missing out on doing/learning of experiencing \_\_\_\_\_  
\_\_\_\_\_.

If I do \_\_\_\_\_ and it goes perfectly it would look like \_\_\_\_\_

\_\_\_\_\_ and I would feel \_\_\_\_\_  
\_\_\_\_\_.

Steps I can take to prepare are;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I can ask who for help, advice or moral support;

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some steps I can take to do \_\_\_\_\_ and feel safe?

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- \_\_\_\_\_
- \_\_\_\_\_
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**\*Long Term Action Plan\***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Fear Worksheet

My Fear is \_\_\_\_\_

(Always honor how you are feeling and if you feel fear move to a place of safety first thing!)

This is a Valid Fear or Fearful Fear (circle one)

Valid Fear is the *actuality* of getting physically hurt by doing this is high.

A Fearful Fear is the idea that the probability of actually getting physically hurt is lower than you think or are otherwise convincing yourself of.

This fear is a:

Fear 1 – Physical Harm (risk or threat of physical harm)

Fear 2 – Failure (risk of vulnerability or looking foolish)

By doing \_\_\_\_\_ the absolute worst thing that could happen to me is \_\_\_\_\_

and that would feel \_\_\_\_\_  
\_\_\_\_\_.

If I don't do \_\_\_\_\_ I am missing out on experiencing \_\_\_\_\_  
\_\_\_\_\_.

If I do \_\_\_\_\_ and it goes perfectly it would look like \_\_\_\_\_  
\_\_\_\_\_.

\_\_\_\_\_ and I would feel \_\_\_\_\_  
\_\_\_\_\_.

Steps I can take to prepare are;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I can ask who for help, advice or moral support;

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some steps I can take to do \_\_\_\_\_ and feel safe?

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- \_\_\_\_\_
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**\*Long Term Action Plan\***

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Fear Worksheet

My Fear is \_\_\_\_\_

(Always honor how you are feeling and if you feel fear move to a place of safety first thing!)

This is a Valid Fear or Fearful Fear (circle one)

Valid Fear is the probable **actuality** of getting physically hurt by doing this is action.

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and that would feel \_\_\_\_\_  
\_\_\_\_\_.

If I don't do \_\_\_\_\_ I am missing out on experiencing \_\_\_\_\_  
\_\_\_\_\_.

If I do \_\_\_\_\_ and it goes perfectly it would look like \_\_\_\_\_

\_\_\_\_\_ and I would feel \_\_\_\_\_  
\_\_\_\_\_.

Steps I can take to prepare are;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I can ask who for help, advice or moral support;

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some steps I can take to do \_\_\_\_\_ and feel safe?

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**\*Long Term Action Plan\***

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