

Equestrian Fear Buster Guided Worksheet

Don't underestimate the power of going through this worksheet as the first step in making a plan to overcome fear & anxiety of any kind with your horse.

My Fear is _____

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

Valid Fear There is a high likelihood of getting hurt, such as riding a bucking bronco.

An Anxious Fear The likelihood of getting hurt is not great but possible, perhaps you are being triggered by a memory of the past or a story you heard from someone else. The risk is lower than you think or are convincing yourself of

A Vulnerability Fear/Fear of Judgement This would be a fear that you are not "good enough", or "what will others think

This is a Valid Fear or Anxious Fear or Vulnerability Fear
(circle one)

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;

Who can I ask for help, advice or moral support:

What are some steps I can take to do & feel safe?

*Short Term Action Plan *

Long Term Action Plan

