Take Fear By The Reins

Learn to address fear with calmness and a plan.

Kristin DeLibero
“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 have the option that you can do only 2 things;

1. You can pretend that you are not feeling something and deny to yourself and others what you are feeling and push your feelings aside. By doing nothing you are changing nothing and not expecting any change in result or feeling.
2. FACE YOUR FEARS – honor what you are feeling and admit to yourself the truth behind your emotions. Take an action to work through what it is you feel 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 forward movement toward your Heart’s Desire now.

We are not guaranteed infinite days and chances to reach where our heart and souls calling is taking us. We only have today……what if you
could live each day for that day, doing all that you could to reach your ultimate goal….would you take that challenge and then let go of the fear that is blocking you?

Have you heard the stories of people who find out they have a terminal disease and all of a sudden they change how they live their lives, they only do what makes them happy, their heart sing and make the most of only doing what feels good 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 to live.

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

We are going to begin with the emotional attachment or feeling that fear brings up to us. There are many different types of fear and we will go in depth more into those as we go, and how to handle those fears of “valid fear” and a “fearful fear.”

“*We have nothing to fear, but fear itself.*” *Franklin Roosevelt*

This famous quote has been used throughout history, for its validity of perception. So many times the fear that holds us back, stops us from trying something new is more dangerous than the action itself.
You must find the TRUTH behind the fear. The TRUTH is if the fear is a valid fear or a fearful fear.

A Valid Fear - is a fear that could very realistically or have a high probability of getting physically hurt. An example is a fear of jumping off a bridge.

A Fearful Fear – is the anxiety of a fear or 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 success and result for us.

That is for each one of us to come to our own understanding on. So ask, what is the worst thing that could happen, the circumstances and then how likely is that to happen and is it still worth doing.

“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….you will work hard to let go of your fear.
Make each day the 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 to 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 is, what it is telling us, and how we can be aware to work through our fear.

Our Essential Skills for 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 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 the emotions. Honor what we are 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. We want to get the message and work through the emotion while it is still small and before it can grow to a bigger manifestation so we must listen.

A great example is if your eye begins to twitch due to a stress you are focusing on or stressing on. You ignore that and keep your focus on the negative and 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 bodies warning system so it escalated to force you to find a release to stop focusing on the stressful situation.

3. Seeing “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 acts out or perhaps blows up around you. It usually is something altogether different that is going on for them and you happened 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 on him all the frustration for the day. Honor where someone else is at and how they are feeling and don’t take on their stuff or take it personally.

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

With this paragraph 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 emotion. Just one step up the ladder you may say to feel just one step out of the negative and closer to the positive. When we identify what it is we do not want then we can identify what it is we do want and take a couple steps closer to reaching that. We call this emotional agility and emotional scale.

The conditioned response or Inner Critic is the voice we hear that maybe patterns we have been conditioned to think from others in our life. Such as things society or parents have led us to believe or placed their personal experiences on to us. For example my grandparents told me you don’t ever listen or buy anything from the sales people that call you on the phone for they are always as scam. This maybe correct, or perhaps it is not correct but
that is a conditioned response I hear my inner critic pipe up and tell me 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 and we must turn that Inner Critic off to reach where we need to be emotionally and mentally. For example every time we say should it is our inner critic trying to make us feel guilty or do something we really don’t want to do for us. We must learn to begin to recognize the Inner Critic and cast off the Inner Critic to begin to hear ourselves.

For example; 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 you!! Tell your Inner Critic you don’t want to hear them 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 ‘Just being with someone’ is helpful.

Think of when you are upset what your dog, cat, horse, animal does for you. If you are crying and upset your pet will come and sit with you. They will just be with you and share that space and moment. They do not tell you what you should have done different, 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. Try to bring awareness when someone is upset or having a bad day and instead of telling them what to do or how to fix or even going into their space by bringing yourself down to feeling bad with them, instead, just be. Start to
practice that and now only will you feel better but so will the other people as you can just sit with them and not have to “fix” or help in any way. You stay in your energy and space and allow them the same. Dropping down from you energy of happy or joy to be down with anger, sadness or grief does not 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 witness the same event but the experience be totally different for each person. For example a car accident happens with five witnesses. When the police interview each of the five witnesses who were all there together each one has a different account of what they remember and how they remember the accident happening. Not one is right or one is wrong it is just human nature that we all interpret and process differently. So remember that, and that what may be your truth and what seems so matter of fact to you may feel totally different for someone else. That is ok, and that is what makes us all so individual. There is no right or wrong or the idea we all must feel the same, so remember that 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 getting the meaning behind fear and the emotions that go with fear 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 for you.
Some people feel it and it just 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.

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 are now in survival mode and your body has pushed you into full blown escape 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 fear and vulnerability are very similar in the emotional feeling that comes up for us. 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 come up for me as more of vulnerability or fear of emotional harm versus the fear of physical harm. Both fear and vulnerability are about the meaning behind the emotion that comes up for us.

**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 freaks out.
- 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 huge shift.

- Someone who never cries and tears are coming; they 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 and/or rage because the conditioned personality or the False Self goes into flight or fight mode to get away from the new insight. Panic occurs when the False Self need to run away from the insight. Anger or rage is the product when the emotions are ignored and suppressed so they break out in and 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 all about tuning in now to feeling those emotions while they are small. We know what the expansion of each of those emotions will grow to, if we ignore them while it is small and let it 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 it is that we do not want. That can lead us to a straight across opposite of what it is 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 how you feel to guide you in what choices you make and what thoughts you think about a subject.

You only have one opportunity to take that chance, make that choice, try that something new, have courage. **SO TAKE IT.**
Jump out there for yourself, for you are worth it.

Fear is just an obstacle to hold you back, make you over think, 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 souls passion. What is life without dreams?

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

Fear can be overwhelming and even cause us to freeze 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 or make you feel a set way….no one has that kind of power over you. We have free will and we can choose to react to a situation in a set way, but no one can make us react that way. And the same goes that we cannot make someone else feel or think a set way. This goes back to our Essential Skills but this can be a key to our happiness as well as 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 don’t 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 happiness and joy.

At times we may think someone is watching us and thinking a particular 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 thoughts and finding the good in every situation. Every situation can be a growing opportunity if we are willing to be open to see that.

Stay positive, joyous and happy as we work through our fear.
“Do one thing every day that scares you.” Eleanor Roosevelt

Working Through Fear

Two Things to Remember when working with Fear;

1. **ALWAYS** honor what you are feeling for you.
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 a threat to one’s physical, 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 moment. 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 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;

- Where in your body you hold fear.

- What fear feels like in your body. So 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. The awareness to change your thinking (or action) while your fear is small keeps the fear from escalating 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 you need to do to clear those feelings and emotions from your body.
You will now repeat the exercise, but now you want to feel for where in your body you hold

**JOY AND SUCCESS.**

- Close your eyes and think of a moment or time 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 by emotions and how they feel in your body.
Using our Body exercise as our guide for the next exercise we are moving into the

**FEAR LIST**

List 5-10 things you need to do or want to do but perhaps feel resistance at doing.

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. Pick one of your highest reaction items for you 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 at one list item. Some will be easier
to work through than others, and some may take only one time to ease the fear.
Other items may take multiple times of doing to release the fear. It is a great tool to
use for all List Items in your life.

1. Practice Leading position
   * My chest is pounding and trouble breathing
   * Pushing through to just do it, brings visions of complete panic.
   * Complete loss of control, horse stepping on me, dragging me, pulling
     away and running down the driveway into the road.
   * Knowing I have control - can handle my horse- he won't act up and
     will do what I ask.

* Establish good boundaries and respect.
  * Ask for professional help
  * Work on leading and respect in the pasture (controlled environment)
  * Know when I am feeling fear when it is small and go through a fear
    action plan or fear worksheet.

* As I get more results and do over and over again confidence will grow.
Then I will continue to grow forward through my plan.

You now have a lot of tools to help you in feeling your process forward in
identifying fear, 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. You have a lot to work through and I look forward to series pieces
to come.
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 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?
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/feeling.
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. –
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 horses is the ultimate goal for true connection and confidence.

- Kristin DeLibero

I wanted to give everyone a tool for planning ahead. I know if I am getting ready for a specific event or trip if I can sit quietly and plan ahead I can work through some of the fear before it even has the opportunity to surface. It is like putting together a first aid kit or emergency kit so that if something were to happen you know you have what you need in the moment.

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

The longer you can sit and put your intention and focus into the kit as well as the emotions that go with the fear the greater the success of the Fear Emergency Kit.
FEAR
Emergency Kit

You are in the moment and you can feel fear beginning or already in your body. What to do next? Here is your Fear Emergency Kit to help you prepare before you are in a place of fear 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 well as 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.

___ On a notecard write the name and number of a support person who you can call for encouragement or support to help walk you through the moment.

___ On a notecard write an emergency help number of someone you can call for help. This could include a horse trainer, life coach, forest ranger, vet or more. ** Though the chances are slim that you will ever need these numbers, knowing that you

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are prepared eliminates some worry and stress. Knowing you are prepared to handle things can help to take fear and anxiety away.**

___ Chose 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 events that motivates you and makes you feel good. If you are going on a new trail ride, find a photo of a trail with calming and relaxing feel to it and relaxed horses.

___ Find a notecard, piece of paper, whatever it is that calls to you. Write, type or collogue a motivational or inspirational quote, idea or saying 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. So take your time, enjoy the moments of collecting and inspiration.
Now find a box or folder, or whatever size kit you will need. Each Kit can vary in size based on the amount of Emergency tools you will need to carry with you, or 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 fear make sure to be specific when filling it with your content and tools. Feel what is going to be the most helpful or perhaps what content will work the best.

This kit can be made as big or as small and as many times 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 a daily training routine as well.

Now enjoy and take your 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

So now that you have planned ahead and made your Fear Emergency Kit you have one other helpful tool I want to share with you. I want to share the Fear Worksheet with you.

If you are in the moment and fear or the emotion of fear comes up for you the Fear Worksheet is for the in the moment help. You can work through this in the moment and not have to have your entire Fear Emergency Kit with you.

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

How you look and feel about a situation or emotion is the greatest key to understanding but feeling prepared, relief and success are the next greatest steps.
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 probability of actually getting physically hurt is lower than you think or are 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;

• ___________________________________________________________________
• ___________________________________________________________________
• ___________________________________________________________________
• ___________________________________________________________________

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 emotions.

Each day get just a little more aware of how you feel and when you begin to feel things. 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 www.theridechallenge.com 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. Personal coaching and more in depth and in person continued coaching available. Also visit rideas1.com to stay updated on upcoming events.

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

We have included some bonus materials as well in the back of the workbook and hope you enjoy those bonus materials just for you.

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 day. 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

This 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 great handouts just for you.

ENJOY
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?
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/feeling.
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. —

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 first thing!)

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 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;

• ______________________________________________________________
• ______________________________________________________________
• ______________________________________________________________
• ______________________________________________________________

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

*Short Term Action Plan*

• ______________________________________________________________
• ______________________________________________________________
• ______________________________________________________________

*Long Term Action Plan*

• ______________________________________________________________
• ______________________________________________________________
• ______________________________________________________________
10 Quick and Easy Tips to Riding Fearless

1. Always wear a Helmet when you ride.
   If you know you are taking safety precautions 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 if you were to need 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 it 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 so keep that in mind as well.

3. Always check your equipment before a ride.
   Always check your saddle over and cinch/girth and 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 big safety hazard so always keep up with how your tack and equipment is doing.

4. ALWAYS wear boots when riding and handling horses.
   This is a big 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 barn/farm make sure that there is someone around, even if they are not riding but that you have another person should you need someone. This is also a good idea if you go out to ride on the trails or hack in a field. You are better to co-ordinate with a friend and ride together out. Sometimes I know 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 in the dark, for both you and your horse. Sight can be a safety issue as well if you are riding in the dark, so keep in mind in the daylight is always the safest bet.

7. When in doubt ride in a controlled area.
Riding in an arena, roundpen or perimeter fenced area is always a good idea if you are learning or your horse is learning. 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 or picking up on 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 what emotions or what our body is feeling. I always suggest not riding if you come to the barn and are angry. Work through your anger and once it has dissipated then 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 jumprier than they usually are as you lead them in or saddle up. Always walk your horse out to ride paying attention to your horses movement to make sure they are not limping or sore anywhere. This is one of my biggest suggestions on a daily basis. Get to know your horse and you will know if your horse is having a bad day for one reason or another.

10. Take the small steps.
Don’t try to push yourself or your horse to far or too fast. Take the small steps to reach your goals and 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 *actuality* of getting physically hurt by doing this is high.

A Fearful Fear is the probability of actually getting physically hurt is lower than you think or are 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;

• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________

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

*Short Term Action Plan*

• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________

*Long Term Action Plan*

• ____________________________________________
• ____________________________________________
• ____________________________________________
• ____________________________________________
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• _______________________________________________________________

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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• _______________________________________________________________
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and that would feel ____________________________________________________

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- _______________________________________

*Long Term Action Plan*

- _______________________________________
- _______________________________________
- _______________________________________
- _______________________________________