

Your Name:

Date of Training:

Your first 5 steps to overcoming nerves, anxiety and fear when riding your horse

Workbook

Step One

From your right now

..... and

Nothing is

You are.....

Step One Notes & Ideas:

Step Two

Thoughts

Feelings

Other

Mindblocks,, and

Triggers,, and

..... VS.

Step Two Notes & Ideas:

Step Three

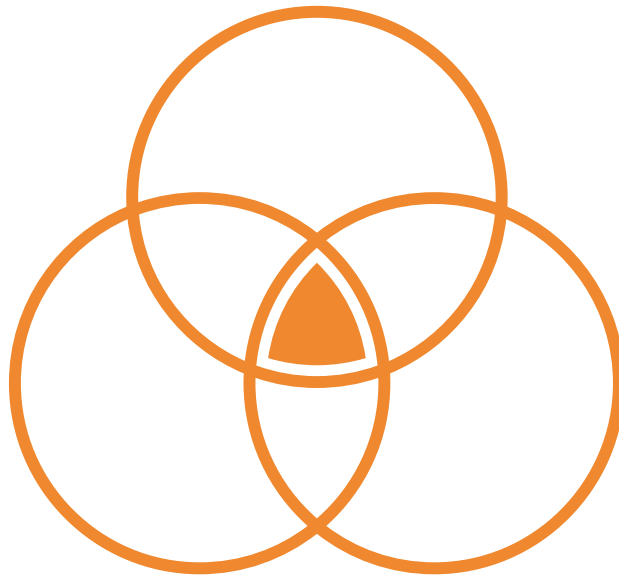
Highest Intention



Cognitive Distortions

Step Three Notes & Ideas:

Step Four



Step Four Notes & Ideas:

Step Five

..... vs.

..... and

S.....

R.....

..... and

Step Five Notes & Ideas: