

MENTAL PREPARATION FOR EQUESTRIANS

Lesson 6 Worksheet

Directions: Using the table below, please list your most common breakdowns in trust when you show. Write down the scenario, what happened to your performance, and a solution.

Seven Common Breakdowns in Trust:

1. Being too technical--thinking too much about form or technique.
2. Micromanaging--Over guiding or controlling your horse .
3. Over controlling your own body--trying too hard to perform well.
4. Exerting more physical effort than optimal--not relaxed, too tense.
5. Tension, doubt, fear and indecision--can cause a breakdown in trust.
6. Perfectionism--Trying too hard to be perfect with your routine or pattern.
7. Over-analysis--Over thinking your ride and becoming too critical of yourself.

Example:

- Scenario: Entering the ring
- Breakdown: Too technical – thinking too much about form or technique
- Solution: Remind myself to have trust in my training and focus on my pattern.

Scenario	Breakdown	Solution
1.		
2.		
3.		
4.		
5.		