Fear to Power Practice

**When you’re in the Fear Cycle:**

What are your ANTS (Automatic Negative Thoughts)?

What emotions do they trigger?

How does your body respond?

How does your horse respond?

**To switch into the Power Cycle:**

What thoughts do you WANT to have? (Pretend you are your own BFF- What would you say?)

What emotions do these inspire?

How does your body feel?

How does your horse respond?