



## Using the Fear Scale

### Module Five, Session Three Worksheet

Before you use the fear scale while you're in the saddle, practice by imagining the scenario in which you'll be using it or thinking thoughts that trigger the same emotion. You may be able to conjure up a level of emotion similar to what you actually experience in the saddle.

Go calmly through these five steps:

1. **Name the emotion you're feeling.** (Is it fear? Nerves? Anxiety? Tension? Whatever word you use to describe it is fine.)
2. **Where are you on the fear scale 0-5?**
3. **Where in your body are you feeling the emotion?** (It might be in your chest or stomach or head or right ankle. Doesn't matter!)
4. **BREATHE. Take deep breaths and long exhales.** (Get curious. Allow. Observe. Breathe through the emotion wherever it is in your body.)

**5. Answer the silly questions:**

"How much space does it take up?"

"How much does it weigh?"

"What color is it?"

"What temperature is it?"

"Is it getting bigger or smaller?"

"Where on the fear scale are you now?"

"Where is the emotion now?"

Use actual numbers as measures where you can. There are no right answers. Take more deep breaths. Notice the changes that begin to occur. Keep asking yourself these questions until you're back down to a 0-1.