



## Red Light, Green Light

### Module Five, Session Four Worksheet

#### Red Light Fear "Pachad"

Get down and dirty with the truth.

1. Is there anything about what you're doing or about your riding that someone who loves you and is knowledgeable would say is unsafe? (Is your horse appropriate for you to work through fear on? Do you have a knowledgeable instructor? Are you riding in a safe environment?)  
If yes, what is unsafe? If no, proceed to the section on green light fear.

2. What old beliefs do you have about these things that might be keeping you in the fear cycle? (These might sound like, "I should be able to do this on my own." or "I have to prove that I can do this." or "I don't give up on things." There's also "I owe it to my horse." and "I'm not a quitter.")

3. What do you need to change about your circumstances so that you have reasonable safety in which to work through your red light fear? (These may be really hard things to admit like, get help, change barns, get a new instructor, get a new horse, find a riding buddy, get fit etc. Remember, this is about safety, not about the opinions of your friends or your Inner Critic. Dig deep here. Be honest.)

Once you've determined you've done everything you can to create safety for yourself, then you're ready to use the tools in this course and tackle the red light fear that is not based on real danger!

## Green Light Fear

### "Yirah"

It doesn't usually have to do with taking physical risks but with emotional ones.

1. Where does green light fear show up for you? (When you're getting ready to enter the show ring? When you think about having a difficult conversation? When you're getting ready to make a big change? When you think about moving up a level or accomplishing a big goal? When you say no when you usually say yes? Or say yes when you usually say no?)
2. Write down your commitment to saying YES in the face of greenlight fear or "yirah". What will you say yes to? What will your mantra be when you want to give in to the fear?