



## **Train Your Nervous System Like You Train Your Horse**

### **Module Six, Session Two**

Think of your comfort zone like a balloon- if you blow it up quickly, with force, it will pop. If you blow it up slowly and methodically, it will get larger and larger.

You can apply this system to almost any situation or goal that is being blocked by what you might think of as "irrational" fear or anxiety.

1. Your Goal: (This can be your big, main goal or a smaller one that is being impeded by fear.)

2. At what point does fear kick in? (This is your first "trigger".)

3. Starting with the very first point at which you start to feel fear. List all the tiny steps between that moment and your goal.

4. Approach every training session by starting with the very first step. Repeat that step as you use the fear cycle exercise. When your fear goes up to a three, four or five, pause, breathe and ask yourself the silly questions. Once the fear has gone down to a zero or a one, repeat the step until you're staying between a one and a two or having no fear response at all. Use this space to keep some notes about your experience.