

get Gritty Guides

*Mental exercises
to guide your
horsemanship
journey towards
success*

TIE UP YOUR INNER CRITIC

*a mental rehearsal
technique for show day*





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We've all hear THAT voice.

That inner critic. The voice that says things like "You'll go off pattern again, you always forget your pattern at shows." or "You'll never ride good enough to win."

When that voice fills our head right before we walk into the show pen, it causes us to be nervous and fearful, and when we feel nervous and fearful, that message goes to our horse, and causes them to be nervous and fearful.

In this exercise you will learn a quick mental rehearsal technique to "tie up" that inner critic, re-frame the message that your inner critic was telling you into something positive, then re-focus to the task at hand. By going through this process you will quiet that negative voice, and enter the show pen with positive thoughts and focus.

Are you ready to tie up that inner critic?

Let's Get Gritty!

Siobhan "Chevy" Allen
The Social Stockwoman



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Step 1: Tie up your inner critic.

When you hear that negative voice, visualize the negative voice as an impatient horse.

Visualize yourself leading that impatient horse to a post in the middle of a pen FAR AWAY from the show arena. Then tie your inner critic to the post.

Step 2: Re-frame the negative message into a positive affirmation.

The next step is to re-frame the negative message into something positive.

If the negative message was "You ALWAYS mess up the lead change," change it to "I performed a perfect lead change in practice last week. I can quietly cue my horse today to make a clean lead change."

Then repeat your new positive affirmation yourself anytime you hear that inner critic calling from the post where you tied it up.

If you find that your inner critic has "untied" itself and starts speaking to you again, repeat steps one and two.



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Step 3: Shift your focus to the task at hand.

This last step is critical for this mental rehearsal to work. By focusing on the task at hand, you fill your mind with what you will do, your actions, instead of what has happened in the past or the "what ifs."

Focus on what you need to do to show at your best. If you are waiting at the in gate about to go in, focus on calming breathing, in and out. Visualize yourself performing the pattern perfectly.

If you are in the warm up pen, focus on your warm up. Concentrate on the feel of your horse's gait, and on the specific exercises of your warm up. Focus on your horse's response to your cues.

Repeat your positive affirmation from step two. Focus on your pre-show routine, if you have one. (If you don't, you should!) Fill your mind with positive, calm, and confidence-building thoughts.

By following this three step process, (tie up your inner critic, re-frame the negative self-talk into a positive affirmation, and re-focus your thoughts to the task at hand), you can transform your mental game and be more successful in the show pen.

Now go out there and Get Gritty!

Siobhan "Chevy" Allen



get Gritty

Join the Get Gritty Group, led by Siobhan "Chevy" Allen, a certified Master Life Coach and Goal-Success Coach.

Learn what separates the successful riders from the ones that quit.

Build your confidence in the saddle.

Develop personalized positive affirmations and pre-show routines to help you get into the ideal performance state so that you and your horse can perform at your peak level.

Join today at

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