

get Gritty

A MENTAL TOUGHNESS PROGRAM
FOR PERFORMANCE HORSE RIDERS



RISK ASSESSMENT EXERCISE

What is a Risk Assessment, and How Can it Help Me?

Perhaps you just got the all clear to return to riding after having a baby and are noticing some feelings of fear and apprehension. Or maybe your baby isn't quite a baby anymore and you have been struggling with fear in the saddle for some time now. Or maybe you have taken a break from horses and are now getting back to riding and notice that you don't have the confidence that you once did.

Whatever the case, if you want to get back to riding without fear, you can get off to a good start by performing a risk assessment. In this risk assessment exercise you will get to true cause of your fear and create an if-then contingency plan to lessen the risks, thereby building your confidence. All you need to complete this risk assessment exercise is print out this worksheet, and set aside 10-20 minutes of quiet time to really think through these questions and write down your answers.

Let's Get Gritty!

~Siobhan "Chevy" Allen



RISK ASSESSMENT EXERCISE

STEP 1: GET TO THE ROOT OF THE FEAR

Question 1: When do you feel afraid?

Question 2: What is the worst thing that could happen?

Question 3: Is there anything else that you are concerned about?

Question 4: What is the root cause of your fear?
Summarize the previous three questions to get to the root of your fear.

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STEP 2: RISK ASSESSMENT

Question 1: Is the root cause of your fear likely to happen?

Question 2: If the worst possible case scenario happened, could you live with it?

Note: If your fear is likely to happen, or if the worst-possible case scenario did occur and you couldn't live with it, then I would recommend that you seek help. Taking lessons, sending your horse to a trainer, or even considering riding a more broke, safer horse can all be ways to mitigate the risk and rebuild your confidence.

RISK ASSESSMENT EXERCISE

STEP 3: CREATE AN IF-THEN CONTINGENCY PLAN

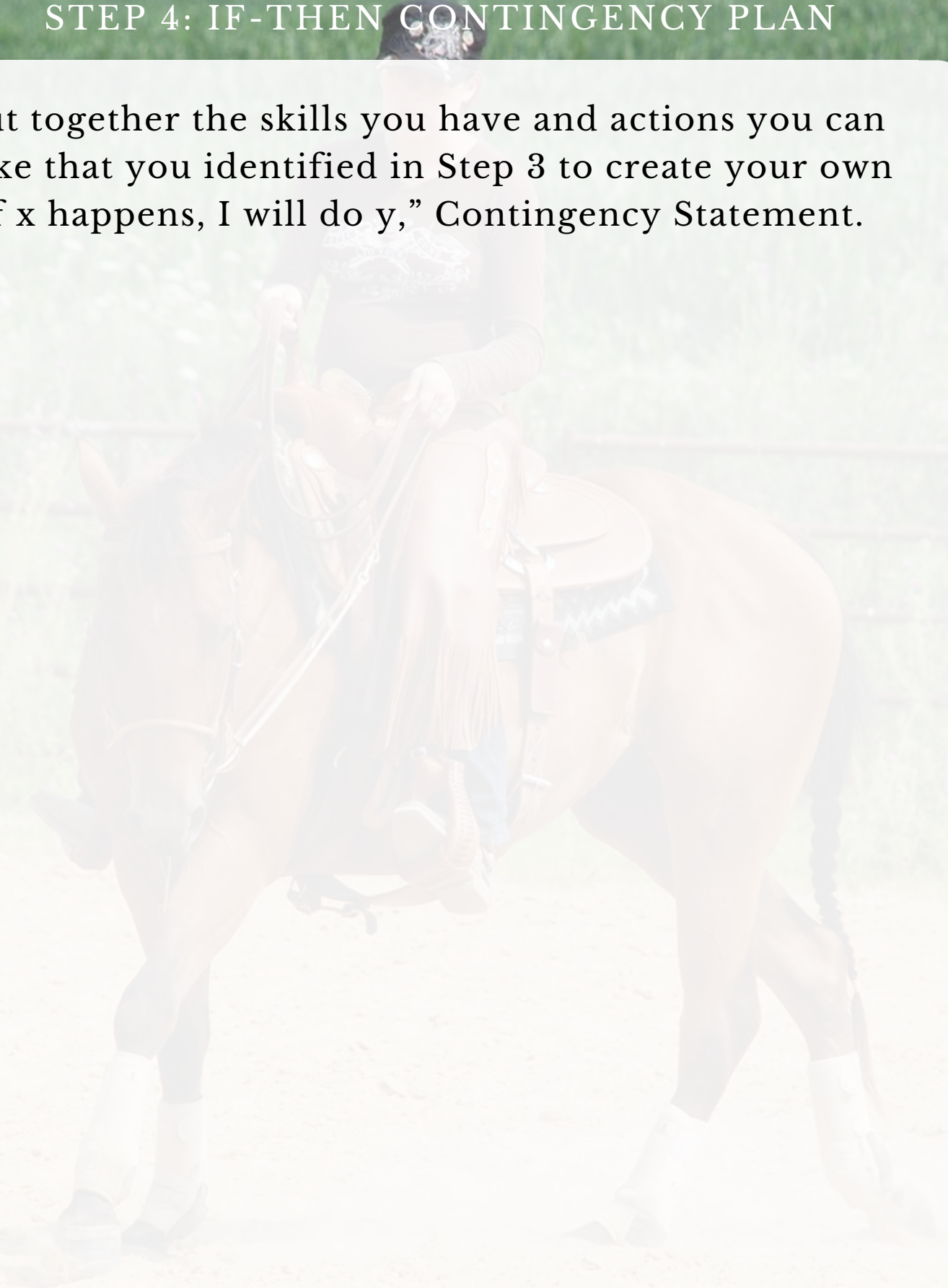
Question 1: What knowledge, skills, and abilities do you have to help prevent the worst case scenario from happening?

Question 2: What pre-signals might you see before the worst case scenario happened?

Question 3: What knowledge, skills, and abilities do you have that you can use to help you get through the situation if the worst-case scenario started to happen?

RISK ASSESSMENT EXERCISE STEP 4: IF-THEN CONTINGENCY PLAN

Put together the skills you have and actions you can take that you identified in Step 3 to create your own “If x happens, I will do y,” Contingency Statement.



Thank you for including me on your horsemanship journey!



Hello, I am Siobhan "Chevy" Allen, a lifelong horsewoman, mama to two little cowboys, and farm wife. I understand that horses aren't just a hobby-it is a lifestyle! I enjoy helping riders like you apply positive psychology techniques to enjoy your horsemanship journey and achieve your dreams. Please feel free to contact me with any questions or feedback-I would love to be able to help you and your horse along your journey!

~Chevy

Learn more at www.getgrittywithchevy.com