

# get Gritty



Living with Genuine Grit  
Part 10: Defuse Negative  
Thoughts

# Gritty Riders Defuse From Their Negative Thoughts

Negative thoughts happen.

And the more that you try to prevent them from happening, the more that they will pop up in your head! This is why it is essential for you to learn how to defuse from your negative thoughts.

Defusion is a mental toughness tool that is taught by Dr. Russ Harris in his book "The Confidence Gap." It is a super simple, two step process.

First, you need to notice that you are having a negative thought.

Then you repeat to yourself,  
"I notice that I am having the thought that..."

This simple step defuses the negative thought from your identity. Since so many negative thoughts are labels of yourself, this process is key to separating your self-identity from these negative thoughts.

In this workbook you will apply this defusion technique to your horsemanship to overcome negative thoughts and feelings to reveal the genuine, gritty rider within!

~Chevy

# Defuse Negative Thoughts

Your thoughts frame your story about yourself, and how you view your identity. So left unchecked, your negative thoughts can lead you to form unhelpful self-beliefs and self-identities.

For example, a negative thought that I often have is "I'm not a good enough rider to do that." Left unchecked, this thought could lead to me unconsciously believing I'm not a good rider, which could then lead to me not trying to achieve the things I want to achieve with my horse.

So, in following the two step defusion process:

1. I would notice that I was having a negative thought.
2. I would repeat to myself, "I am having the thought that I am not a good enough rider."

This mental process defuses the negative thought from your self-identity. Since so many negative thoughts are labels of ourselves, this process is key to separating yourself and your identity from these negative thoughts and labels. What you think is how you act, and how you act is who you are.

After you defuse the negative thought, further unhook it by answering the following question:

"If I allow this thought to guide my actions, will it help me create the life I want and to be the type of person I want to be?"

If the answer is no, notice the thought and let it pass on by and replace it with a positive affirmation instead.

## Defuse and Unhook Writing Activity

Practice defusing and unhooking from negative thoughts by completing this writing activity:

What is a negative thought that you often have?  
Write it down below:

Now, defuse from it by filling in the blank:  
I notice that I am having the thought that:

Next, unhook from the negative thought.

Answer this question by circling yes or no:

“If I allow this thought to guide my actions, will it help me create the life I want and be the type of horsewoman I want to be?”

YES

NO