



RE-FRAMING NEGATIVE THOUGHTS INTO POSITIVE AFFIRMATION STATEMENTS

Doubt is the number one killer of confidence.

In this exercise, you will identify your doubts, your most common negative thoughts, and then re-frame them into positive affirmation statements.

By keeping your self-talk positive, you keep your thoughts on the positive. When your thoughts are positive, your emotions are more likely to be positive too. And when your mind is positive, your body is positive, which means your horse will also be positive. And it all starts with positive affirmations!

Re-Framing Doubts into Positive Affirmations

The first step in re-framing your doubts and negative thoughts into positive ones is to recognize your most common negative thoughts, and write them down.

After you have listed your top doubts/negative thoughts, think about how you can re-frame them into something positive. What is the silver lining? What is the hidden blessing? Is this negative thought really true? Counter the negative thought with a positive one.

Then make a positive affirmation statement out of your new positive thoughts. Positive affirmations are an "I am" statement that you can repeat when notice that you are starting to have negative thoughts. This helps to replace the negative thought with a positive one.

On the next few pages is a template to help you work through this exercise. To get you started, here is an example of a common doubt/negative thought that I have, and how I have re-framed it to be more positive, and the positive affirmation statement to use when I notice I am having that negative thought.

Doubt/Negative Thought: I'm not as balanced in the saddle as I used to be, I worry about long-trotting and going fast over uneven terrain. I worry that because I am not balanced I might accidentally hang on the reins, which will make my horse uncomfortable and unbalanced.

Positive Re-Frame: Because I am very self-aware of when I start to feel unbalanced, I can work to get better. I can practice posting the trot to strengthen my muscles and improve my rhythm with my horse. I can hold onto the horn if I need to re-balance myself, or slow down to a walk until I feel secure in the saddle again.

Positive Affirmation Statement: I am aware of my position in the saddle and how my balance influences my horse. I can adjust my position when needed to feel confident and secure.

Re-Framing Doubts into Positive Affirmations

Doubt/Negative Thought:

Positive Re-Frame:

Positive Affirmation Statement: I Am

Doubt/Negative Thought:

Positive Re-Frame:

Positive Affirmation Statement: I Am

Doubt/Negative Thought:

Positive Re-Frame:

Positive Affirmation Statement: I Am