

HAS YOUR RELATIONSHIP WITH RIDING CHANGED?

Sometimes confidence doesn't disappear overnight. Riding just starts to feel a little different.

Tick anything that feels familiar.

- ☐ I think much more about what could go wrong than I used to.
- ☐ I find myself checking the weather, wind, traffic, other horses or my horse's mood before deciding whether to ride.
- ☐ I'm comfortable doing some things, but avoid others I used to do without much thought.
- ☐ I sometimes make perfectly reasonable excuses not to ride — while knowing there may be more behind them.
- ☐ I worry about letting my horse down.
- ☐ I sometimes wonder whether my horse would be better with a more confident or capable rider.
- ☐ I compare myself with the rider I used to be.
- ☐ I compare myself with other riders and feel I should be braver, better or further ahead.
- ☐ I'm more affected by other people watching, commenting or judging than I would like.
- ☐ A fall, accident, frightening moment or difficult period still seems to influence how I ride now.
- ☐ My confidence changed even though nothing particularly dramatic happened.
- ☐ I can ride perfectly well once I'm on — getting on is sometimes the hardest part.
- ☐ I feel responsible for keeping everything under control.
- ☐ I've started choosing the safest option rather than the one I actually want.
- ☐ Riding sometimes feels like something I have to make myself do rather than something I naturally look forward to.

Kate Osmaston

Registered BWRT Advanced Practitioner



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- ☐ I keep trying to reason with myself because I know logically that I'm capable.
- ☐ Other people telling me to "just do it" doesn't help.
- ☐ I've wondered whether age, menopause, a break from riding or simply becoming more aware of risk has changed me.
- ☐ I still love horses. I'm just not sure I love the way riding makes me feel at the moment.
- ☐ I want to understand why this has happened, rather than simply being told to be more confident.

If you ticked even a few...

Your riding confidence may not be the real problem.

Something may have changed in the meaning your brain now attaches to riding - to risk, responsibility, judgement, your horse, or even to yourself as a rider.

And understanding that changes the question from:

"What's wrong with me?" to: "What has my brain learned - and can it learn something different?"

That's exactly what I explore in *Rewriting the Ride*.

It explains how riding confidence can change, why apparently irrational reactions can make perfect sense to the brain, the effects of judgement and responsibility, the relationship you have with your horse - and how the meaning of riding can be changed again.



Rewriting the Ride

available on Amazon Kindle.

Scan the QR code to view the Ebook

