

- DON'T be the worst coach ever for yourself
- We better learn ourselves to talk to ourselves in an helpful way.
- We can train our self talk and we can use different strategies.
 - We can use **Task oriented selftalk**. This means you can give yourself straight instructions what you need to do to make the situation to a good end. You can imagine what your trainer would say to you. As Charlotte Dujardin describes in her book 'The girl on the dancing horse (2018): *'Hearing him screaming at me means that when I am on my own, what I need to do comes almost automatically because I still can hear his voice in my head'* (p. 132)
 - We can also use **Motivational oriented selftalk**, which means that you use things like: 'Come on, one more time, I can do this!'
 - Or we can use **Emotional oriented selftalk**, as 'Calm down, we can do this!', or: 'The only thing I have to do is my job and that is to ride. Or: 'New situation, same job I've done hundreds of time'.
- It's important to train ourselves in talking in a positive way. I don't mean that everything is perfect and all good, it simply isn't, but what I mean with positive is that you are focus your attention on what you DO want, and not op what you don't want!
- Don't get me wrong! Knowing what you don't want is very important and can be very helpful. But: try to figure out as soon as possible what you DO want and focus your attention on that.
- Sometimes we are suffer from negative, dysfunctional thoughts whom seems so true! The thing I can say to you is: Write them down! Write down those thoughts and ask yourself:
 1. Is it true? If it isn't: burn that thought ritually
 2. If it is true: can I do something about it and do I want something to do about it? Of you can: do it! Face your fears and solve your problems.
 3. Ask yourself: is this thought useful, helpful? No? Change the thought. Can you translate the thought in a helpful, functional one?

Let me give you an example:

Another example: 'This competition is so important to me! I can not fail!' Does this thought help you? Probably not! It will only make you more nervous. What about: 'This is an very important competition for me! Wow, I am a little bit nervous and I want to perform well! I did prepar very well and when everythings goes as it should be we can do a very good job! I will go for it and we will see how it ends!' Do you see the difference? You CAN choose your thoughts, but it means that you have to work on it and you have to practice.

- We have to train our brain and we have to learn to take control over our thoughts and emotions. As dr. Steve Peters will say: we have to control our chimp. For more information about controlling your chimp see the link in the subscription.
- You can use imagination or visualization to learn new movements, to prepare your reaction on errors, to learn your test or for motivational or emotional purposes. It's important that you imagine the situation as you want it to be and that you do it in

real speed. Because when you make mistakes in your visualization which you don't fix, there is a great chance you make the mistake also in real life.

- It can not replace physical training, but it can be a very important additional tool.
- research shows that our brain is responding in the same way as we imagine an situation, as when we are in the real situation. The same areas in our brain are activated. This means that we can use imagination for training workout purposes.