

One Night At A Dinner Party, The Discussion Turned To Horsenality And Some Of The Frustrations We Experience With Them...

As I sat listening I decided to ask everyone what they thought each Horsenality had to teach us – *here are the results.*



While there are many words you can ascribe to the overall skill of training horses like “patience,” “savvy,” “leadership,” the words I’ve chosen above are the key qualities you need to master with each Horsenality.

When you discover and apply them you will have better success. In fact, I would say that the reason you may still have issues with your horse is because you have not quite yet learned to do what he or she needs.

Left Brain Extrovert (LBE)

No Rules.

LBE’s are the original rule breakers. They discover what your rules are and then they challenge you, so that means when you have no rules they can’t find your edges and the game is over.

Left Brain horses are dominant, they challenge your leadership every day, every moment. On many occasions I have students ask me if their LBE horse will ever settle down and get easier... What do you think?

Remember, we are talking innate characteristics here, just like human personality, so the answer is, uhhhh... no. Either you’re going to bring out the best in your horse, or the worst.

Here are some ‘rules’ that people expect of horses and that LBE’s love to defy: “I expect my horse to be...”

- Calm
- Obedient
- Consistent
- Responsive

Hmmmm. Sounds like the complete opposite of this free-spirited horse’s idea of fun! If he was wearing a T-Shirt, on the front it would say “Born to defy!” On the back it would say “You’re not the boss of me”. So the more you try to make your LBE behave, the worse it gets. But the more you encourage him and peak his interest, the more connected and willing he becomes. But that’s hard for us humans to do with horses, because we have our agendas!

Here’s the key... put aside your agenda for a moment. Give your LBE what he needs and he’ll give you what you want. This Horsenality will teach you to follow Pat’s mantra: There are no rules in Parelli, only principles.

Left Brain Introvert (LBI)

Reverse Psychology.

LBI's are experts at knowing what you want and not doing it.

I remember the first time I heard Pat talk about using reverse psychology, but it took me years to understand what that meant, let alone know how to use it. I had to have my own LBI before I really got it. Thanks to Remmer, he got me to learn vital lessons in strategic motivation.

As anyone who has a LBI knows, the Circling Game and going forward are the two most challenging things to achieve with any degree of refinement, consistency or good expression. It's not that the LBI doesn't want to go forward, he just doesn't want to do it when you ask him to!

If your LBI was wearing a

T-Shirt, on the front it would say "Born to argue" and on the back it would say "You're not the boss of me."

Here is what makes the LBI less responsive and more cranky:

- Asking for more energy (using spank or spur)
- Getting more animated (you using more energy than the horse!)
- Boredom, lack of purpose
- Lack of reward

So you need to do the opposite of all of the above! Ask for less energy, use less energy, have a purpose and reward your horse. And reverse psychology? It's easy... rather than trying to make your horse go faster, ask him to go slower and slower and slower.

You'll be amazed at how that will get his interest up. And once he offers his energy, don't ask for a lot. Reward him sooner rather than later by slowing down, resting a moment, giving him some scratches or a cookie. When he sees what's in it for him he'll have more incentive to respond.

Right Brain Extrovert (RBE)

Friendliness.

RBI's are the prey animal personified (or should I say horsefied!). That instinctive flight reaction and intense need for safety is really close to the surface in the RBE, so being able to convince them that you are friend and not foe is the major key here.

Pat says it perfectly: How can you prove to your horse that you are not going to eat him? That is the ultimate purpose of the Friendly Game, it's way more than just petting your horse or desensitizing him to stimuli. On your RBE's T-shirt it would say "Born to run!"

Here are some of the behaviors that can make your RBE horse believe that you are not friendly:

- Fear – translates as negative energy
- Frustration – translates as aggression
- Judgment or blame – translates as predatory
- Direct line approach, goal oriented actions – translates as predatory

RBE's will teach you to be less direct-line and goal oriented and have a more friendly approach. Of course you must have goals, but they cannot be what you want your horse to do right now.

You have to learn how to cause your idea to become his idea, earn his trust and have him vote for you as his leader.

Right brain horses need you to be a calm, confident leader and friendly teacher, and here's the best one: Horses don't care how much you know until they know how much you care.

They'll do anything for you once you've gained their confidence.

Right Brain Introvert (RBI)

Slow Down!

I'll never forget one of the first reactions from a student after she got her Horsenality–Humanity Match Report. It revealed her horse as RBI and she as RBE – opposites on the vertical scale of the model. She said to me “I thought I was going really slow, but when I read that report I really got it. You mean really, REALLY S...L...O...W.”

Right Brain Introverts can be hard to read because they appear calm on the outside, but on the inside their emotions can be running in high gear, you

just can't see it. They are highly emotional but really want to please, so they hide their feelings and do their best until all of a sudden the pressure becomes overwhelming and they blow up. This is why RBI's are often hard to read and therefore seem rather unpredictable.

Here's what makes RBI's run away inside themselves:

- Asking too quickly, rushing them – it feels forceful
- Carrying on even though they tense up or make a negative gesture (ears back, tail swish, etc.)
- Asking for more and more, it comes across as demanding.
 - Being rough – having quick hands, quick legs, quick demands

RBI's will teach you to really think about things from the horse's perspective, you know, how Pat

says it: “Walk a mile or a minute in your horse's horseshoes”. The more opposite your Humanity is from your horse's Horsenality, the harder that is to do. Their T-shirt would say “Don't rush me!”

So how do you get that trust? Slow down, feel more, ask for and wait for permission. A good way to think about it is “red light, green light.” When your horse gives you a red light (ears back, tail swish, tension), don't speed through it, stop or back off for a moment. When you get the green light (licking lips, blinking eyes, deep sigh, lowered neck, regular breathing) you can continue until the next red light.

The key is to watch for those red lights and respond accordingly. When your horse realizes you are actually listening to him and honoring his reactions or opinion, you'll be amazed at how that will change his perception of you and earn you a lot more trust.

A PERSPECTIVE ON LEADERSHIP

Let's revisit the model and see what each Horsenality can teach you about becoming a better leader. Simply stated, the leader is the one with the plan, and that should be you, not your horse. Some horses assume leadership because they are more dominant, and sometimes because fear takes over and their plan for escape does not include you!

You can spank and spur, you can force and make, you can get it done with tails swishing and ears back. You can risk being bucked off, kicked, bitten, struck, run-off with. You can face danger and frustration and resistance every day from your horse... or you can learn how to be the kind of leader a horse would want to follow.



No Rules.

Be willing to flex and let go of control a little.

Friendliness.

Show how much you care before you show how much you know.



Reverse Psychology.

Think laterally, have a creative approach.



Slow Down!

Wait for permission. Earn trust.



REFERENCES & STUDY MATERIALS

- [The Horsenality–Humanity Match Report](#): A deeply revealing and personalized look at your tendencies and your horse's needs followed by a host of strategies to help you flex your behavior and bring out the best in your horse. Get your access code and have your personalized report within minutes
- [Horsenality DVD](#)
- [Horsenality articles](#) in Month 3 Essentials and the Vault. 🐾