

Undemanding Time

Try undemanding time to get your horse interested in you again.

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How would you feel if every time you and a friend got together it involved work? Isn't that what we do with our horses? We walk into the stall, slap on the halter and drag them out. Try this the next time you visit your horse: don't do anything. Sit on a bucket and just be there. Don't try to touch your horse, or even watch him. Sit quietly for as long as you have time – five minutes is better than nothing; 10 minutes is better than five. Notice your horse's reaction. Does he avoid you? Does he stare at you from the farthest corner of the stall? Does he approach, sniff you, then walk away? Or does he approach and stay by your side, maybe even knocking your hat off or pulling on your boot? Do this once a week and write about it in your log. Undemanding time will get your horse interested in you again.

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