Confident Rider Confident Horse

Build Your Confidence and Develop a True Partnership with Your Horse from the Ground to the Saddle

©Anne Gage www.ConfidentHorsemanship.com

© Anne Gage 2019 www.ConfidentHorsemanship.com

Revised 2018

Published by Endellion Publishing

Mono, Ontario, Canada

Copyright © Anne Gage 2019

All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the author except for brief quotations in critical reviews and articles.

Disclaimer of Liability

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book. While the book is as accurate as the author can make it, there may be errors, omissions, and inaccuracies.

Photography by: Anne Gage & Deborah Wilson

Diagrams: Anne Gage

ISBN: 978-0-9881359-6-3

© Anne Gage 2019 www.confidenthorsemanship.com

Every effort has been made to make this book as complete and as accurate as possible; however, there may be mistakes both in content and typography. Therefore, this information should be used as a general guide and not as the ultimate source for overcoming fear or learning horsemanship.

The purpose of this book is to educate and entertain. The author shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions in this book.

The resources given in this book are those that the author believes can help you to have a positive experience with horses. They are not recommendations, but resources that she has collected over several years. Please use at your own discretion.

This book contains information relating to the subject matter that is current only up to the printing date. If there is something that is inaccurate or should be added in a future release, please send the correction or addition to: anne@confidenthorsemanship.com

CONTENTS

Acknowledgements	i
Introduction	iii
PART 1 ~ THE MENTAL SIDE OF FEAR 1	
Chapter 1 - You Are Not Alone	3
Know Your Fear	
Physical Response to Fear	
Exercise – Identify Your Body's Fear Response	
Types of Fear	11
Exercise – Understand Your Fear	16
Developing Courage	17
Chapter 2 - Developing Awareness	21
Self Awareness	21
Body Focus	
Eye Focus	
Mental Awareness	
Self Talk and Beliefs	
Visualization	
Exercise – Develop Mental Awareness	
Chapter 3 - Stress and Recovery	39
4 Steps For Coping And Recovery	
Practices for De-Stressing	44
Mental Practices	45
Physical Practices	
Exercise – Relax and Recovery Plan	47
Chapter 4 - Comfort Zone	49
Fear Arousal Scale	
Exercise – Identify Your Personal Fear Arousal Scale	
Expand Your Comfort Zone	
Exercise – Create a Plan to Expand Your Comfort Zone	
Risk Analysis	
Exercise – Risk Analysis and Plan	

© Anne Gage 2019 www.confidenthorsemanship.com

Chapter 5 – You Don't Know What You Don't Know	65
What to Look For in a Coach	67
SMART Goal Setting Worksheet	71
Understand How You Learn	73
Know Which Stage of Learning You Are In	73
Your Horse Needs a Coach	76
What to Look for in a Horse Trainer	76
Checklist for Finding a Suitable Coach/Trainer	80
PART 2 ~ UNDERSTAND YOUR HORSE FROM THE	
GROUND UP	83
Chapter 6 – Trust Builds Confidence	85
The Foundation of Trust	
1. Awareness	-
2. Boundaries	
3. Consistency	
Horse Psychology	
Herd Dynamics	
Equine Body Language	
Pushing & Drawing Energy Exercise	
Part 1:	
Pushing & Drawing Energy Exercise	
Part 2:	102
Chapter 7 - Boundaries – "With All Due Respect"	105
Ground work Exercise – Earning Respect	
Exercise – Create Calmness in the Cross Ties:	111
Chapter 8 – Equine Mind and Body Language	115
Frame of Body Affects Frame of Mind	
The Rest of the Picture	
Ears – Listening and Focus	
Eyes – Vision and Communication	
Muzzle – Nostrils, Mouth and Chin	
Tail – More Than Pest Control	
Reading the Whole Body From Nose to Tail	
Developing More Awareness - Grooming	
Body Language While Grooming	142

© Anne Gage 2019 www.confidenthorsemanship.com

PART 3 ~ DEVELOPING PARTNERSHIP IN THE	
SADDLE	147
Chapter 9 – Balance, Posture & Confidence	149
Balance and Confidence	
Relaxation and Suppleness	153
Rider Posture and Alignment	154
Independent Seat	156
Common Posture Problems	
Exercise: Improve Your Posture & Alignment	162
Exercise: Improve Your Balance with the Half Seat Position.	
Chapter 10 – Working With (Not Against) Your Horse	167
Aiding Your Horse to Straightness	
Seat and Leg Aids	169
Reins Create Boundaries	170
Bend is Your Friend	
Timing – There is a Right and a Wrong Time	179
Some Common Training Problems and Solutions	181
Chapter 11 – True Inspirational Stories	191
My Own Story – A Coach Without Confidence	191
Building Trust – Deborah & Nairobi	194
Paralyzing Fear – Faye and Andante	
Building Trust from the Ground ~ Kelly and Ithica	203
Recognize What Isn't Working ~ Alison and Be	204
Chapter 12 – Closing Words and Thoughts	207
Take Action	207
What If?	209
The Serenity Prayer	210
About The Author	211
Bibliography	213
Resources	214