



# Overcoming The Fear Factor

*Tami Lewis*

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## **Overcoming The Fear Factor** Tami Lewis

Monty Roberts, author of *The Man Who Listens to Horses*, taught the world to understand the horse through body language. Observing mustangs in the wild, Monty Roberts discovered a silent language of nonverbal communication between horse and human. While some of us are naturally intuitive and have a passion for working with wild horses, Monty Roberts lived his passion, creating *Equus*. Understanding equine behavior is the key to a successful relationship with your horse. Gaining insight into how horses learn and perceive the world will give you the most valuable tool, knowledge. Approaching training and handling with the proper tools creates confidence, which makes your horse more confident. This is just one layer in overcoming the Fear Factor. This book is essentially a guide for understanding the nature of horses in regard to their innate fear. Natural horsemanship training makes use of natural equine behavior, which is the foundation in managing various fearful situations. How do we really know what constitutes natural behavior the horse? Most methods of studying horse behavior come from observing feral or wild horses. Understanding how horses live and interact in the wild provides an idea of what to expect as normal behavior in domestic horses. So what about human fear? We will explore human fear and how it affects your horse. Understanding and acknowledging your own fear is the key to gaining your confidence. Since fear is as innate in humans as it is in horses, being afraid of your horse is nothing to be ashamed of. In fact, fear is our reminder to step back and set ourselves up for success. The schoolteacher, with limited horse experience, who adopts a mustang, is no match for a 1,000-pound prey animal whose fear instincts have been honed for many years by not allowing predators near him. Many times, well-meaning people don't know what to do with their fearful horse and lose their enthusiasm for their mustang. In those situations the horse suffers.

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