

- Separation anxiety is something a lot of people have trouble with, with certain types of horses. And the first thing you have to understand about separation anxiety is it's totally natural. It's totally normal in the wild horses are rarely... from the time they're born to the time they die are rarely out of eyesight of another horse, rarely. And so it's, it's perfectly normal for them to feel left behind when another horse gets taken away and that, and the key to at least I think so. And you'll see that in the set of videos, the key to solving separation anxiety is to have complete control over the situation, you know, a lot of times someone will say, well you know my next door neighbor's got a horse and every once in a while, he'll take it out of the pasture and take it away, my horse goes crazy. All right, I don't have a great suggestion for how to deal with any situation that you are not in control of the other horse leaving that's a pretty tough one, but I can tell you how to help horses with this in the situations that you do have control over. And the the biggest thing is, you know, I get a lot of people say, well, I've got two horses and when I take one out the trail ride, the other one just goes crazy. And the thing about that going crazy is, I think there's two pieces to it. One is... what happens a lot of times is the horse is running back and forth, back and forth, back and forth, back and forth. And when they friend finally comes home and they're back there, then the horse who was left behind kind of learns that getting frantic actually works. If I get frantic for long enough that my friend will eventually come back, that's, you know, that's one way of looking at it. But the other thing is the reason they get that frantic, is because they are afraid they're going to get left alone. And so the, the, you know, the big... the other horse leaving becomes a trigger to a great deal of anxiety. They almost like have a panic attack, they almost having anxiety about having anxiety and the key to solving this is to not ever let them get that wound up. Now, in order to solve this issue and some other problems, you have to expose them to low levels of separation. But if the, you know, you've got to stay below threshold, if they get too wound up, you're too far apart, like you'll see in this series videos, but yes, so to recap, big thing is you have to have control of the situation. And the other thing is, is just make sure, like I said, you'll see in these videos that you do it in a step-by-step process for the most part, as you would have seen in the whole subscription. Everything I do has a step by step process. Has a start has a middle has an ending. And if, it doesn't happen in this set of videos you're going to see here, but you know think about the Donkey Kong Principle, anytime things go wrong, just go back to the beginning and start your process from the beginning all over again. And you know it's a slow process and it's a slow process as in when you're trying to repair the damage. But when the damage is already there, that means that horse already has been exposed to a great deal of anxiety about this. I'm trying to think of a good analogy you know, let's say, you've got a cat and a swimming pool, and every time you pick the cat up, you then carry it outside and throw it in the swimming pool. Initially, when you pick the cat up, the picking up of the cat wouldn't bother the cat, but when you take it outside and throwing the swimming pool, that bothers the cat. And then pretty soon when you pick the cat up and stop going out the door, the cat would start to freak out because the next thing is a swimming pool. And then pretty soon when you pick the cat up and head towards the door, the cat is going to freak out 'cause the next thing is, you get out the door and you throw him in the swimming pool, and then it gets to where you pick the cat up and they freaking out because the only time you pick me up is when I get thrown in a swimming pool and I freak out, it's kinda like that. And so, you know it's like with any problem, it's better than not to have to undo it. It's better to recognize

this along the way and deal with it along the way. So anyway this set of videos here will kind of show you what I'm talking about and you can see the step-by-step progression of it.