

Robyn Schiller ([00:00:00](#)):

Welcome back to the journey on podcast. This is Robyn Schiller and Warwick, and I are going to do round two of the question and answers. We got super good feedback on the content, on the format, on our banter. And, you know, we had 22 questions picked out and we did not get to them all big surprise. So this week we're going to cover, attempt to cover two more like broad topics that we've lumped. These questions into one is on shutdown horses, and one is on separation anxiety. So we have a bunch of questions to answer within those, you know, bigger topics. And we're going to get started. The first shutdown question is from Zoe from the United Kingdom. I have a lovely sensitive 14 one Connemara gelding called Alfie. Who's 11. My question relates to shut down horses. I've spent a lot of time trying to work out if he is shut down and worrying about my conclusion that he isn't. So my question is, what do you look for in terms of a his body language and behavior that indicates they are shut down?

Warwick Schiller ([00:01:13](#)):

Great question, Zoe. So the thing would shut down. She's what are you looking for with shutdown horses? Well, let's, let's talk a little bit about what shut down is so, you know, shut down is really when the body feels like it's about to be harmed in some way. If you think about, you know, think about flight or fight the body senses there's danger and the body activates all the things it needs to do to avoid the danger. And so the blood rushes to the extremities and all the muscles, so they can, you know, it's, they, they stop, you know, like say with the horse, they stopped licking and chewing, or the blood drains away from the, the face. We don't need that, you know, horses nose breathers. And so in order for them to be as aerobically efficient as possible, they clamp their lip shut.

Warwick Schiller ([00:02:06](#)):

So they really don't need to work their mouth to the blood drains away from there goes to the extremities and off they run, you know, they'd dump adrenaline off. They run. Whereas when an animal goes into shut down, it's, it's like when they're already captured, you know, like a predator gets a hold of them or whatever. So they T they go into, they go into shut down and they, they know they're about to get hurt and they try to minimize what's going to happen. And so they will, the blood will go to their body cavity, okay. All around the organs. So in case of a puncture wound, something like that, there's enough blood in the body cavity to keep them alive. They're not worried about escaping at this point in time. They've, they've like, okay, I'm gonna something bad is going to happen. I need to stay alive as much as possible.

Warwick Schiller ([00:02:53](#)):

And something else that happens to them is their blood pressure will drop. The heart rate, tends to drop. And they you know, they secrete chemicals to deaden the sensation of whatever nasty things about to happen to them. So that, you know, that's a bit about what happens with shutdown in, in mammals. And so with horses, if you're wondering if your horse has shut down, usually they have no expression. Their ears don't work. Their eyes may not blink very much. They don't lick and chew. They're very hard to get them to open their mouth, you know, their mouth going to be very dry because that blood is drained away from there. And they tend to be quite dull. And a lot of people have, you know, asked me questions about my horse is lazy and he won't go, what technique do I use to game to go?

Warwick Schiller ([00:03:45](#)):

Like, what, what pressure do I apply to this horse to get him to go? And applying pressure to a horse that is shut down is like kicking a dog. You know, if he kick a dog to move, they, they, they, they fruit,

they freeze tighter sort of thing. And it's the same thing here. More pressure on a shutdown horse is just going to make them shut down more. So I'm not saying you, you, weren't asking what to do with your horse. That's shut down or how to get your horse to go. But that's a question a lot of people have is, you know, and they might not realize the horse to shut down. And they, they say my horse has lazy. How do I, how do I get them to go? What, you know, they want to know what technique to do to this horse to get them to go.

Warwick Schiller ([00:04:33](#)):

And there really isn't a training technique with shutdown horses. It's a connection technique. You know there's a trauma therapist, or there's a therapist, a doctor from Canada named Dr. Gebel Metta. And he's one of the world's leading experts on trauma. And he said, the feeling of safety does not come from the absence of threat, but the presence of connection. And that's what you've kind of got to get happening, to get a you know, a shutdown, whole set of shut shutdown is to get them connected again. And so that's, that's a, that's a quick brief, I'll get into this more as we get questions, but that's a, that's a quick, brief description of shutdown and, and getting a matter shut down. It's, it's, it's about connection. It's about attunement. It's about the, you know, attunement has been described by previous podcast guests, Sarah [inaudible] as the sense being seen, being seen, being heard, feeling felt in getting gotten.

Warwick Schiller ([00:05:37](#)):

And it's that, it's that sense of social engagement that brings them out of shut down. A lot of times, horses that are shut down around people shut down because there's been too much pressure from the people and they just make it go away. And so a lot of times, you know, it's been training techniques, that's caused that. And so if you try to train, you can't train the shut down and I want, and if you tried to, it actually makes them worse. It's that feeling of social engagement that actually gets them how to shut down.

Robyn Schiller ([00:06:10](#)):

An important fact that work just mentioned was, you know, that this happens with all mammals when he described what happens when you, you know, when you're in fight or flight or shut down, and we are mammals. So, you know, it works the same way for humans. And I get into a lot of examples on the human factor course, which is on our online video library that I mentioned last week in the eye. It's a good course. So it talks about the differences and we depict it as a ladder with social engagement, being the top fight or flight being in the middle and shut down, being on the bottom. And just in case work, doesn't say this later, which he probably will, but when you go to shut down, you do so through the fight or flight. So those things are activated first, but they are so overwhelming that the body just can't cope with that.

Robyn Schiller ([00:07:08](#)):

And so you move to the immobilization with fear, which is the shutdown. So it's really kind of cool to look at all these different things and, and to relate it to humans and horses. But, you know, if you're relating it to humans that shut down can look like depression. You know, when you're you, can't, you just not motivated to do anything, you feel like maybe you're walking in jello. It's like, that is, that can be, you know, not a life-threatening form of shutdown, but it could be a, you know, chronic, if you're in that state for a long time, it can look like depression. So just something to think about. All right, next question is from Rachel and links in New Zealand. My horse is an easygoing guy. He's really affable. He tries really hard, but he internalizes a lot. He's not a spooky type.

Robyn Schiller ([00:08:05](#)):

When I increased pressure, he just kind of looks at me. He knows what I'm asking. He has the foundation of good groundwork skills, but sometimes I have to get really big with my energy to get him going. I know the tells are there when he's worried, but right now, all I see is that he's fine, fine, fine. And then he'll go off like a rocket ship, literally exploding off the end of the rope. That's only happened three times in his life though. The only time he's super willing and engaged in his work is when it's a game. For example, when we did lead training by playing tag and we've had a lot of, we've had a lot of fun with our plus clicker training.

Warwick Schiller ([00:08:44](#)):

Great question. Right? She'll you know, it says my horse is an easy going type is really affable, but he internalizes a lot. He's not a spooky type. So, you know, I think we all have a bit of a different genetic makeup. And, and like Robin said that shut down is on the other side of anxious, you know, anxious and worried fight or flight. You know, you shut down, tends to be, you've tried fight or flight. It didn't work for you. You've been captured and now you're going to get eaten alive or whatever. And so, but I think certain genetic makeups kind of, they pass through the fight or flight pretty quickly. And they go to the, go to the shutdown pretty quickly. And this one, she says, you know, he internalizes a lot. So internalizing a lot tells you he doesn't, he doesn't put his worry on the outside.

Warwick Schiller ([00:09:35](#)):

He puts it on the inside. So that's, you know, I think that's the kind of horse that, that shuts down easily and you know, horses that I think horses that don't shut down easily the horses that people say, my horses, just an idiot and he's explosive. And he pulls back. He does this. He does that. Nothing I do gets him better. I think those horses can wear the hat on their sleeve pretty easily. And you know, they, they are horse. It's really anxious and stuff like that looks a lot worse than a shutdown who was a shutdown, host Luxe. He's just kinda hanging out there. He's pretty gentle, you know, but really a shut down. Well, let's put it this way that shut down is further away from social engagement than fight or flight is. So let's say you're, you're you relax, you're socially engaged.

Warwick Schiller ([00:10:25](#)):

You feel safe from social engagement and then something happens. And you know that if you really talk to the therapist types, they say, you go from social engagement to the first thing is when something goes wrong, you seek help. Okay. Like what's everybody else doing? Is everybody else running? You're like, they all chilled out. But if there's no where to seek, you know, th there's none, you look for social engagement, there's no one to help you. Then you go into fight or flight or, or then you go into, you know, then you go into freeze. But so, so freeze is a worst place. You know, it's further away from social engagement from relaxation than fight or flight is, but, you know, Robin just talked about shutdown can look like depression. I've, you know, suffered from depression from a long time with a lot of lack of energy and lack of motivation, that sort of thing.

Warwick Schiller ([00:11:23](#)):

And from my perspective being shut down is much better place to be than anxious. Okay. So it's, it's a worst place as in, it's further away from being completely relaxed and all that sort of stuff, but if you are experiencing it and that's why they go there is it makes the problems go away, shut down, makes the concern go away. And, you know, personally, as I'm throwing out, I'm starting to have more, you know never really been unhealthy or anything like that, but I've got a lot more aches and pains and, and

different things like that that I haven't had before. Cause now I'm starting to throw out my body, starting to, to talk to me a little bit, but anyway, let's get back to Rachel's horse. She says, you know, he's, he's there, he's fine. He's fine. He's fine. He's fine.

Warwick Schiller ([00:12:13](#)):

And then he goes off like a rocket ship and that's, that's what a lot of times you know, shut down, it looks like I had actually had someone come for less than the day who has a Mustang. And, you know, she said, he's, he's pretty good. But every once in a while, he will just explode out of nowhere. Well today you know, helping him with him. He's I think he's in, you know, quite a bit of protective shutdown, sort of a mode. And if you go as a very familiar with the story of Cody, the, you know, the Mustang that laid down and slept at the clinic from years ago that was the same thing. That horse, he's fine. He's fine. He's fine. And then he randomly bolts. And so, you know, that's the sort of thing that can happen with one when he shut down.

Warwick Schiller ([00:12:55](#)):

But with Rachel here, you know, there's not just shutdown involved in this. She said, he's not a spooky type, but when I increased pressure, he just kind of looks at me now he knows what I'm asking. And he has a foundation, a good groundwork, yada, yada, yada. But sometimes I have to get really big with my energy to game going. If he knows what you're asking, he'd be doing it. You know, what, if he knows off what you're asking and the message was going through to him, like he, like I said, when, when you when any animal he's shut down, there's a lot less sensation that they receive. Like you you're, you know, they, they appear to be a lot more stoic and they're also blocking a lot of stuff out. So I think he's not really reading what Rachel, what you're asking.

Warwick Schiller ([00:13:44](#)):

And then, oh, then off, he goes like a rocket ship because the pressure finally gets big enough to where, oh, I do see it now. And then off he goes, and you said, you, the only time I was super willing engaged in his work is when it's a game when we did lead, you know, playing tag or had a lot of fun with clicker training. And you think about the thing about clicker training, it's all about you know, it's really all about social engagement. Well, well, it is. And it isn't because clicker training is still training. And so you define training by, I have an expectation of this interaction. I want you to do something for me and I'm going to then do something for you, which means I'm going to click and give you the treat, but I expect something. Whereas when you're working on connection, there is no there's no expectation of them doing something.

Warwick Schiller ([00:14:36](#)):

You were just responding to them, but there's no expectation of what they're going to do. And the big thing with bringing horses at a shutdown is, is not initially not asking for something. Cause a lot of times horses that are shut down will be out with their friends. They're perfectly fine. You know, they, they act like a horse, but around humans, they tend to be quite a bit blahzay in what, what they are doing. I think I mentioned the last podcast is, you know, it's about making friends and when you meet somebody, you can't meet somebody. And then that day that you meet him, say, Hey, my son needs a ride to the airport at five o'clock in the morning. Can you do that? What happens? You meet someone and they knew hanging out a bit. And then you meet them again, some other place and you have some conversations and then you kind of get to know each other a bit further.

Warwick Schiller ([00:15:23](#)):

And once the relationship gets going, then you can start asking them to do stuff. And what I think we tend to do with horses is we get the horse and they to do this, come over here. Now, stand there while I put this on you. Now let me get on you. Now do this. Now do that. And I think horses shut down horses can, you know, horses that are shut down aren't necessarily shut down from abuse. And that's something people tend to think is, oh, somebody has done something nasty to these horse to get them to shut down, but you don't necessarily have to be doing anything nasty. I think sometimes with horses, it's just a lack of attunement. And I think these horses are the, the really sensitive ones. And a lot of times a lot of times I think horses are shut down from just quite good training.

Warwick Schiller ([00:16:10](#)):

But, but, and the, the, the tr the type of training I'm talking about is a little bit like the, the parenting style that was around in my era, which has stopped crying. I'll give you something to cry about. You know, a lot of little horsemanship stuff, you know, he's like off, he's doing something on movies, feet move his feet. He wants to move movie's feet. He moves feet. They're that horse moving their feet are probably indicating to you that they've got consumed some concern. And when you start moving their feet, when they're concerned, it takes their mind off what they're concerned about, but it also makes them almost a bit concerned about you. So if you think about a child that is expressing concern to their caregivers, maybe by crying or whatever, and that the caregiver says stop crying, or I'll give you something to crying about, to give you something to cry about. The caregiver is saying to the child. I don't care if you're concerned by that over there. And I'm actually more unprepared to do something to you. That's more scary than the thing you're scared of just to get you to stop communicating to me that you're scared.

Warwick Schiller ([00:17:18](#)):

And that is what a lot of horse training looks like. And I don't, and I'm not talking about being abusive. I'm just talking about what looks like. Yeah. That's, that's the that's, you know, that's what you do. That's, that's how, oh, look, he's a lot better. He's he's not worried about anymore. You know, he's standing still, but he might not be better. He might be just internalizing stuff. And that's the thing you've, you've got to do. So, you know, like with this Rachel said that he he's better and engaged when it's a of a game. And that game, to me sounds like a bit of to, and fro, like, I'll do a bit, you do a bit so that there's more of a conversation going on rather than a, you know, a drill instructor and a Marine recruit sort of thing going on there.

Warwick Schiller ([00:18:05](#)):

And so I really think that the the biggest thing for, to help horses with shutdown is first show up. And, and this was almost the same thing as you do with a horse that's untouched. Like I talked about this in the last podcast, he's show up and not ask for anything, hang out, go out in their pasture, sit down there, read a book, whatever you want to do. But get them used to being around them, without asking for something face this, because the shutdown comes from that incessant asking for this and that, and don't do this and do that. And so you've gotta, you've got to basically you know, reconditioned them to their perception of you. And there's a technical term for that. That just escapes me at the moment it's called counter conditioning is the, the technical term for that. And you know, Canon conditioning is not teaching the, do something.

Warwick Schiller ([00:19:00](#)):

Another kind of conditioning is changing their perception of something or other. And so our shut down horse Sherlock, when I first started, when I, when I came up with a process like I'm going to do this to get the source out of shutdown, he's living out in the pasture. I would walk out in the pasture and walk up to him and shove some cookies in his mouth and leave, not hanging out, not trying to get him to engage with him or anything. I would just give him cookies and leave. And I would do that every day. And I, I probably did that everyday for about six months. And the only time I actually caught him was when we needed to do his feet, or if we had to do any vet work with him, but that's it, you know? And he got to way I'd show up in the pasture and they've got a big, you know, he's out there with other horses and they've got a big one of those big plastic, four foot by four foot vegetable beans.

Warwick Schiller ([00:19:48](#)):

That's got a full bile of hay in it, a one inch square, slow feeder, hay net in this, they got plenty to eat, but he got to the point where I would walk in the pasture and his head would pop up and he's ears would prick and he'd walk towards me. Whereas he wasn't because he wasn't ever a runner wife. So from you sort of a horse, cause that's not shut down, that's anxious. Well, that's worried, you know he would just stand there and you can walk up and catch him, but he just had no interaction with us. And so, you know, that was the, that was the start of, of it. And then the other thing that really helps with horses that are shut down is communicating your awareness of them. You know, there's an old Ray hunt sign. They know when, you know, in the know and you don't, and they know when you know your, what they know when you are aware of them and know when you're not aware of them.

Warwick Schiller ([00:20:35](#)):

And so you, you've got to do as many things as you can to communicate your awareness of even little things like a change in focus, like a good thing to do with a horse. That's kinda shut down. He's do something with him that he's not an ask, but it's something you can stop doing. You know? So I like to walk up and scratch him on the width, like try to look for the itchy spot. And I started scratching them. And for the most part, they will stand there with no expression on their face at all. They will pretend that you're not scratching them and the you're scratching. And you just scratch around and look and scratch around until you can find the spot. And as soon as they acknowledge the fact you're scratching them, like they might raise the head, they might turn their eye towards you.

Warwick Schiller ([00:21:15](#)):

They might flick an ear, anything like that. I stopped scratching and I stepped back. Now it's not, this is not, but you were doing something nice for him. And now you're not doing something nice for him when he does what you want. That's that's training mentality. The reason I expectation of anything here, all I'm doing here is like I said, something that he's aware I'm doing, that's not an ask. And as soon as his awareness changes, and as soon as he gives, Hey, what are you doing back there? And I stop. I'm communicating to him that I saw your change of awareness. That's how perceptive I am. And I really think that's, I mean, and don't think, oh, the scratching is at the, be all end all. That's one of many things you can do, but just communicating a change of their an awareness of their change of focus, something simple like that, which is not an ask.

Warwick Schiller ([00:22:05](#)):

It's just the communication of your awareness that goes a long way to hoping a host was shut down. But the big thing is you don't want to add more pressure. Okay. So when this horse of Rachael's says that, you know, all I see now is he's fine. He's fine. He's fine. And he goes off like a rocket ship when you're

asking. I, I, I don't think he's fine. And, and what are probably, you can do a lot of things with him, but I'd probably stay away from the asking for awhile. And when you do start working on asking, when you increasing your ask, increasing your pressure, you're going to reward the awareness. He's awareness of the ask. Like he might be standing there and you ask him one way and he doesn't go. And then you add a bit more and he doesn't go, well, it doesn't do anything yet a bit more.

Warwick Schiller ([00:22:57](#)):

And then he kind of raises his head up. Then you'd stop right there. You're not at this point in time. You're not after the thing you're after you're after for him to be aware of you asking. And then you want to, you want to communicate that awareness. And that's, that's something simple you can do with, with a horse that shut down. But I really think this horse is a bit shut down. And it's funny in that first question, I didn't finish what I was going to say about something. Zoe said, I've spent a lot of time trying to work out if he shut down. And I talked about what that looks like. And she said, and worrying about my conclusion that he isn't. And I think she's worried about, I think what she means by that. She's worried about the conclusion that the Asians shut down.

Warwick Schiller ([00:23:39](#)):

So if he isn't shut down, that means he's probably worried. And you know, people always are more concerned about the being worried and they are being shut down. Like I'm, my horse is shut down. He went and go. But when they say my horse is raring up and running around and you know, running off and bucking, you know, they tend to be more concerned about that, but that's actually, that's in a better place than shut down because they are being honest about how they feel. And you can work with it. You can almost train, you can work on some training once they're, once they shown you their anxiety, but you can't train them at a shut down. You've got to communicate them. You've got to connect them at a shutdown,

Robyn Schiller ([00:24:16](#)):

Just in case work. Doesn't mention this as well. I'm sure he will. But when you do finally get them out of shutdown, they are going to come up through the fight or flight stuff. And all that energy that they had suppressed is going to rear its ugly head. Maybe literally. So your horse is going to appear worse. We get this all the time, all, all the time. When people bring their horses out of the shutdown, they say that he's worse and please don't revert. Keep going. The only way out of this is through, and I don't know, maybe that's why I'm going through all this anxiety stuff again. Maybe I'm coming out the other side of it. And I know Warrick's going to someday come out of it there. And maybe it's preparing me to help him when he does. So anyway, your horse is going to appear worse, but remember to embrace it.

Robyn Schiller ([00:25:14](#)):

I remember being on Sherlock and he was we were in a covered arena and it was raining. And I S I work was in Australia and I was texting him. I said, he's spooking at everything. And work said, yay. That's awesome. At least we know what we're dealing with now. So, you know, embrace it. If you can, at least, you know, what was, you know, what was pushed down when they, when they went to the shutdown place? Okay, this question is from back from Sydney, Australia. And she says, I'm interested to hear your thoughts and approach for my horse. He's a rising eight year old home bred, warm blood. That is 17 to who I do amateur jumping and pleasure riding with. He's always been low energy and slow thinking and seems to have a freeze response rather than fight or flight. He sounded happy, and it doesn't seem to make a difference.

Robyn Schiller ([00:26:08](#)):

What higher energy feeds I give him makes a difference to his mood though, while on the ground or riding in the arena or on the trails, I try to be conscious of not chasing or constantly kicking or flapping as it makes no difference. Also, don't want to go down the track of bigger spurs or whip, which is a common suggestion as he just shuts down. There's not a bad bone in his body, and he's a kind individual I'd love to work out how to motivate him and make him feel like he is more athletic, lighter, and more responsive.

Warwick Schiller ([00:26:37](#)):

Hi Beck. So, you know, kind of the same as Rachel and, and the last question there is the, the thing that, you know, it gets them out of that shutdown is that social engagement stuff. And there's, you know, there's, it's hard to, you know, talk about all here on a podcast. I've got, I've got a lot of, because this is such a common thing. I've got so much video, like on our, on our online video library about this and step-by-step stuff about it because, you know, Sherlock that Sherlock was the horse that got me down this path because he was the most shutdown horse had ever worked with and training didn't work. And so, you know, I I'd worked with horses that had a level of it before, but training seem to get them get through it, but this one, the training didn't work. And so he's the one that really got me thinking about how well I didn't, you know, it wasn't until I experimented with a lot of horses at clinics that I really figured out what to do with Sherlock, but my wife bought a reining horse last year named Wright and right was when we bought him.

Warwick Schiller ([00:27:42](#)):

They had him on a race, horse food, because it's very, you know, he's, he's dull and he's lazy, phenomenal athlete, but he's just, he's just out on lazy and unmotivated. And like, when you, when you lead any would lead like a rented mule and riding him around, it's like kick, kick, kick, kick, you know, you just had to kind of keep him going all the time. And you said, you'd changed your horses food. And it doesn't give them high energy feeds. It doesn't make a difference, but it makes a difference to his mood though. So you know, this Ray was so Daryl that he's on this high energy food. And like I said, he would lead like a rented mule, but we have a, what they call a panel walk, you know, it was like a hot Walker, but it's, it's got panels on the side and this panel in front and back, and he put him in there and it just, just exercises them.

Warwick Schiller ([00:28:27](#)):

And Ray, you would lead him when we first got him, you'd lead him over to the hot Walker, the panel Walker. And he would lead like a rented mule, like drag and his feet. And so ho or, you know, horses are all different types in that Walker. And some of them are up against the front of it, you know, against the front, as it's going around the front panel, bouncing up and down, and some horses are leaning against the back panel. And some horses just stay in the middle. We'll Ray, the lazy Ray, you would take him over there and put him in that panel Walker. And he would be up the front, jumping up and down like bugs bunny. If you turn him loose in the arena, he'd stand around for a while, but then he would get the zoomies and he would just run so fast.

Warwick Schiller ([00:29:06](#)):

And so the thing with him was he had a lot of energy, but as soon as around humans, he didn't have that energy. He, you know, if a human asked him a question, his answer was bla, you know, he just didn't have any energy around people. And so what we had to do with him was to, you know, we, we did all



the relationships sort of stuff with him, hanging out with him. You know, he didn't engage with people at all. So what we started doing, it was a bit like, sure, like I started feeding him treats every time. And when he went near him, I'd shoved some treats in his mouth, things like that. And but now he has gotten to where he's out of his shell. And, you know, like Robin mentioned a minute ago, he he's weird about stuff now, but you know, he's out of his shell and he reads your energy quite well.

Warwick Schiller ([00:29:52](#)):

It's quite on the ground. It's quite easy to bring his energy up under saddle. It's quite easy to bring his energy up. And you know, these horses that are used to being poked and prodded on under settle, what I did with Ray. So I got him, you know, he hasn't, he hadn't done a lot of groundwork. He'd been handling the ground, but he hadn't done a lot of groundwork. And so when I did the groundwork, some of that was kind of Virgin territory. I was teaching him some things that he didn't have previous experience with. And so I think it was rather easier, but under saddle, he's had a lot of experience with just people nagging on him. And what I suggest doing with a horse under saddle that is shut down is communicate your awareness of their awareness. And so I think you said you do some dressage or something around that and to jumping, okay, let's go with that.

Warwick Schiller ([00:30:40](#)):

But so you were reading in English, settling, so, you know, think about your aides to ask your horse to go would be, you would apply your, you see died and then you'd apply your leg guide and then you'd apply your whip. Okay. That's pretty, pretty normal. And I do very similar, but what I did with Ray was I added a I added one at the start, which was, I would sit on him and slouch, like really slouch. And then I would bring my energy up. Like I was sitting in a chair and I was about to get up out of the chair. Then I would use my seat. Then I would take my legs and I'd take them away from me. So it's like, you know, the laying by sides, I'd take them out away from the sides, about six inches away from his sides.

Warwick Schiller ([00:31:29](#)):

Then I'd slowly bring them in towards his sides. And then as they got to his sides, then I would start to softly tap with the whip, you know, just like just a very soft tip. But at any point in time, and I was watching his head all this time, if at any point in time during that, he told me that he recognized I was doing something back there. So he went from being, you know, in his head to like maybe an ear flexor or maybe his head raised up half an inch, or maybe he turned his head slightly and looked back towards me, anything like that, I would stop asking. So at this point in time, you are not asking for forward. Okay. You asking until they become aware of the fact you're asking. And as soon as they become aware of the fact, you're asking you, as soon as they communicate that they are aware, you are asking the kind of like what's going on back there, stop asking.

Warwick Schiller ([00:32:27](#)):

And when you do that, you're a commune. You are communicating your awareness of their awareness of you. Let me tell you that again, you'll communicating your awareness of their awareness of you. So you'll be really what you're doing here is you're communicating your awareness of their awareness, okay? And when their awareness changes, and this is the, this is social engagement stuff. Cause you're not asking him to do anything at this point in time. You're not rewarding. A try. You're not rewarding forward. You're not rewarding. Anything he does that you've asked what you're rewarding is you're stopping when he acknowledges the fact that he's aware of you're doing something he's not, he's not

responding to you yet. He's not giving you the response you want, but he's kind of gone from, in his head to what is that back there. And I do it really slowly.

Warwick Schiller ([00:33:19](#)):

Like I do it for about three seconds of time, each thing. So I'm sitting there slouching. And so I will bring my energy up. Like I was in a chair and I was about to get up out of the chair. 1, 2, 3. Then I was squeezing my seat for 1, 2, 3, and then I'll take my legs out from his sides one. So he's like, my legs are going out for 1, 2, 3, and a half to three seconds. If I'm going out, then I start to bring them back in for 1, 2, 3. What I'm trying to do is give him a lot of time to notice I'm doing something. You know, I don't want to go St. Lake whip because you're tapping them with the whip before they even realize you're tapping them with the whip. Does that make sense? So this first bit is it's about communicating the awareness to them while you're riding them.

Warwick Schiller ([00:34:09](#)):

And it's not something different from what you're eventually going to do. And what happens with this after a while is you sit in there and you, you know, you, you w what'd you try and do, you're trying to get them more in their body, not so much in their head, because once they're in their body, then they're back online. Their sensations are back online and they'll start to respond more to the, to the questions you're asking. And like, when we first started writing Sherlock, we did this for about a week. And I mean, doing that bit for about a week, didn't even ask him to take a step. I just sat on him and we'd, we'd do that. And we got to where I could be slouching and I would start to sit up and he'd flick an ear by the time they get to that point.

Warwick Schiller ([00:34:48](#)):

Now they were aware, as soon as you do anything, they were aware of you. So now you can start asking for something and they were aware of the ask and they're not shut down. You know, like I said, when a mammo goes into shutdown mode, they, they release chemicals that Dole the census, because we don't want to feel this bad thing that's about to happen to us. And so that's why more pressure on a shutdown host does not. It does not result in more output. It actually results in more shutdown. And so once they do that, then you can start to reward them for, you know, then you could, you know, don't stop when they become aware of you, keep going until you get a step. And it, you know, it might be just one step initially. But by the time you get through all this stuff, they, they really back in their body and, you know, with say, and right, they'd got during this point, they got during this stuff, they got to the point to where, as my energy came up from the slouch, they would start to walk forward.

Warwick Schiller ([00:35:48](#)):

Once you get to that point, then you're riding a real horse. And then you can actually increase your eyes a bit more like your head and get more response. But initially you've got to get them back in their body. That's the, that's probably the big thing. It's if anybody, he has ever been in like a depressive state or a shutdown, sort of a state and seen a therapist, you probably have done some somatic work with somatic experiencing type stuff that, that gets you back in their body. And it's what they, what in the therapy will they call the bottom up approach instead of a top-down approach, a top-down approach would be like talk therapy and thinking about things and whatever I bought them up approach is a feeling it first type thing. And that's what you're really trying to do with these horses. It's a bit like trauma therapy for people, but you really, what you're trying to do is get these horses back in their body and the way you get them back in their body, you're also communicating your awareness of them. And so it, it, I really

think it serves two really good functions. One is they, they become more confident in you. They trust you. They're connected to you more plus they're back in their body, more ready to receive any signals you might want to give them

Robyn Schiller ([00:36:55](#)):

A common occurrence. We find after we start addressing shut down on like social media or on the subscription is without fail the woke to the shutdown people come out. So, you know, these people that have never heard about it, and now they see it everywhere because that's how it works, right? Because once you become aware of something, you see it all the time, but they think that it's a bad thing. And what we want you to know is that it's not always a bad thing. You know, there are certain horses that probably should be kept shut down, you know, lesson horses, you know, they, they have to put up with a lot of different things. I'm sure work will have more, I have more ideas and suggestions about that, but just be aware of labeling it. That it's a bad thing, because there are instances where shutdown is exactly what that horse needs to be.

Warwick Schiller ([00:37:52](#)):

Yeah. That's a great point, Robin. And it's, you know, there's, I think there's, there's levels of there's levels of shut down and, you know, shut down is, is what let's not necessarily the same thing, but, you know, there's a term called learned helplessness. And some people get really on the big, old learned helplessness bandwidth, and like learned helplessness is bad. If a horse did not have learned helplessness, it would not ever learn to carry a saddle around. Okay. You put a saddle on a horse and he has a bit of a buck ran and it doesn't go away. And he's like, okay, it's not going away. I'll just put up with it. That is learned helplessness, but no one looks at a horse under saddle going around quite nicely and go, oh my God, that's so bad that settled stays there. It's learned helplessness.

Warwick Schiller ([00:38:33](#)):

You know, they have to learn to ignore some things, you know, just like horses that live in hot climates have to learn to ignore the heat horses, living cold comments, have to ignorant, you know, learn, ignore the cold wind. You know, all those things serve a really good function. And, you know, one of the very early podcasts I did was with our friend Jane pike. And we were talking, we were talking about the, I was talking about the fact that I have come to the realization that I've been shut down for a long time. Like since, basically since infancy, you know, I had some, I had a hospitalization during infancy and there's a, there's a really good book. I've read called the boy who was raised as a dog. And it's by a guy named Dr. Bruce Perry, and he's a child psychologist you really get into, into childhood trauma and stuff like that.

Warwick Schiller ([00:39:26](#)):

And he says, you can have a child can have something traumatic happened to them in their first three months of life. And then have the perfect next 15, 16 years. And they're pretty messed up. And you can have a child who has a perfect to get all their needs met in the first three months of life. And then they could have the most, you know, traumatic childhood after that. And they come out pretty, pretty normal because your brain is rewarding. Is wiring itself very much in those first three months. And whatever happens there really carries over for the rest of you, your life. I love us. You know, I spent a week in hospital with pneumonia when I was, I think it was when I was about three months old. And so I think that, you know, the way Jane explained it to me was at that time where you need that, that nurturing and that 24 hour caregiving type thing to be shoved in a hospital bed, you are, you know, you're, you're, you're terribly concerned.

Warwick Schiller ([00:40:32](#)):

And when you're three months old, you don't have access to fight or flight. And so you access that freeze response. And so I, you know, I'd learned to do that early on and after, you know, it took me a long time to figure out why I had this freeze response and I had judged myself quite poorly for it for a long time. And then I was talking on this podcast with Jane and she said, you've got to realize that it's that freeze response is not your enemy. Cause at the time it was your best friend, it was there to save you. So, you know, anytime a horse ends up in the fridge response, there was some stuff that was going on that they felt the need to block out. And if, if you were the one that did the thing to the horse, it's all right, forgive yourself.

Warwick Schiller ([00:41:18](#)):

They'll forgive you, whatever, but whatever you were doing that was bad, they made it go away. Anyway, it's not that big a deal, but yeah, you do tend to get what I call the newly woke, who start to understand this stuff. And, you know, there's, there is you know, there's real life and then there's, then there's perfection. And, and those, those two don't ever cross lines of each other. So, you know, horses are going to be shut down to some extent and the, the, the type of horsemanship I've been to now, it's not usually the place where you just rock up to that first thing. Usually you end up here after trying every other thing on the planet. And I think people that, that come through that journey tend to be less judgmental of other things. But I think people who haven't had much to do with horses, and then all of a sudden they learn about this sort of stuff.

Warwick Schiller ([00:42:10](#)):

And then they really, really, the only thing they know is, you know, all this woo woo stuff. And they, I think they tend to judge others quite you know, they tend to think other people are doing not very good or whatever, but, but you know, you just have done, what I'm trying to get to here is, is, is, you know, there's a time and a place for shut down and all all horses, I think to some level have slight little bits of it. It just, it's just when it gets in your ways, when people want to address it. And like these people asking me these questions here, like, you know, like Rachel, and then Zoe, you know they, they've got to a point to where the shutdown is problematic. And so, yeah, I just wonder, I just wonder to address that and make sure that, you know, people don't get on the, on the big, everything shut down and shut down to bed bandwagon. Cause it's, it's, it's really not. It's, it's, it's a, it's a state of the nervous system there to help the individual out. You know, anxiety's there for that too. The anxiety is there is to get you out of a dangerous situation, shut down. Is there because you're in a situation that you can't do much about, so you just going to make it go away, but it's, it's, it's there to help.

Robyn Schiller ([00:43:30](#)):

All right, now we're going to move on to the separation anxiety. I'd say that separation anxiety is probably one of the most common topics that we get questions about. And so we'll just get into it. Rachel, from Atlanta, Georgia, I have a lovely per Tron quarter horse cross, who really enjoys being with his horse friends. He's a former Texas prison horse. And I purchased him in June, 2021. We are retraining for low level dressage. He is willing and lovely, but if he is working in the arena, he is often looking outside the arena to find another horse. He is unsettled. If he is in the, if he is the only horse in the cross ties, when the other horses are turned out and not in the barn. When we walk around the property, you will plant his feet. When he feels he has gone too far away from his buddies, or will plant and spin to return back to the barn. If he is last off the trailer, he is extreme. He has extreme anxiety when he

realizes his horse, friends are no longer next to him, which can make for a dangerous unloading situation,

Warwick Schiller ([00:44:29](#)):

A great post. Rachel, you know, horses are, you know, in the, in the wild a horse from the time it's born to the time it dies will rarely be out of eyesight of another horse. So they herd animals. So they, the, and you know, the reason they want to be with the herd is the herd provides them with a level of security. You know, also it provides them with a level of comfort, but it provides them the level of security. And that security is not physical security. It's not like, oh, well, if the, you know, if the tiger shows up, we've got a couple of young bucks in the, in the hood here have been doing some martial arts and I'll go over and kick his sort of thing. What they get from the hood is a feeling of security because of the awareness of the hood.

Warwick Schiller ([00:45:15](#)):

I don't have to look around in all 15 directions to make sure nothing's coming because with a hood, we've basically got a whole lot of, you know, centuries or lookouts there's there's there's, there's, you know, there's a lot of awareness right there. And so a horse on his own kind of has to be aware in, in, you know, all 360 degrees. And so when you're, for me working with horses, when I first start working with them, the first thing I want to do is provide them with that awareness first thing. And so we just talked about, you know, this podcast out with, with the shutdown, and it's exactly the same thing you do for the, to get them out of shutdown, as you do, to help with these initially. So initially they've gotta be as comfortable with me as they are with other horses, and this is on the ground.

Warwick Schiller ([00:46:06](#)):

Okay. Like you said, you take your horse for walk around the property in your plant, his feet, when he feels he's going too far away from his buddies, we'll plant and spin to return back to the bar. So that tells me he doesn't have a whole lot of connection with you, because if you could, if you had that, if you know, if he had that connection to you, that means he would be with his buddy, your you're there. So that's, that's kinda step one. And you know, a lot of that has to do with us. Like I said, you know, with the, the shutdown stuff is communicating our awareness, you know, and I think to start out, you, you really have to start out. You have to be able to be present. You have to be able to be in your own body. You know, last week on the podcast, I talked about the F the four awareness challenge you've got to have when you're having any interaction with another sentience being, you know, number one is what's going on with me.

Warwick Schiller ([00:47:02](#)):

Number two, what's going on with them. Number three is what's going on between myself and them, and then number four, what's going on in the environment. And so, you know, that's the whole, the number one part of that is what's going on with me. That's, that's the first thing you gotta be able to do. So you have to be able to be around your horse and be present. And the more you can communicate how present you are. So how aware of little things you are, like I talked about the scratching with the shutdown horses, you know, anytime you can communicate your awareness of their awareness, that's a big part of it. I mean, this there's, some training goes into it too, but even that training would be during that, you're communicating your awareness of, of their awareness. Have you ever heard the saying reward?

Warwick Schiller ([00:47:47](#)):

The slightest try when you reward the slightest trouble, your horse does a little thing and you reward them. Not only rewarding them for trying, but you are communicating, you know what? I am so aware of, tiny little things I noticed you just tried. You just shifted your weight day, things like that. But first step is you've got to get them to where they're connected to you on the ground and connected to you is you gotta be careful with connected to you that it's not clingy to you. Okay? They've got to be, you've got to be two horses, not a mother and a fall. There's a lot of times people let their horses to be clingy with them, pushing them, use them as a bit of a backstop, sort of a thing. And the only, you know, the only time a horse is ever allowed to do those, when they're a fall, they lean up against the mother and look off somewhere else.

Warwick Schiller ([00:48:34](#)):

But once they're weaned, once they get what a [inaudible] Lucy, Reese calls, collision avoidance installed in them, they no longer do that. And so if you will let you know, and you see a lot of people leading the horse, holding the lead rope under the chin, and the horse is kind of leaning their shoulder into them. Not only is that bad, but that is basically condoning juvenile behavior. And then you don't just get that. You get all the juvenile behaviors from that. So the big, big thing is you've got to get them to where you're connected, but not, they're not, they're connected, but not clingy. That's on the ground. Then under saddle, I have a whole process under saddle that I start working on the the fact there may be some separation anxiety at some point in time, really, before it shows up. And there's a number, you know, there's a number of different ways you can do this.

Warwick Schiller ([00:49:34](#)):

But you know, a lot of it has to do with connection. Like if I get on a horse and he wants to, first thing I do with a young horse, when I'm riding is allow them to go wherever they want to go to. So let's say my horse, I get on him in the arena. And he wants to go to the gate and sticky, sit over the gate and look back at his friends back in the pasture, whatever, you know, you could just sit there and I might just pick up on, you can do this a number of ways. You could you do that by asking them to move, or you could do it by working on their focus. So I might just pick up on one rain or the other, out to the side, and I'm going to ask him to turn. I'm asking him to, I think I'm asking him to turn, but it's just, like I talked about with the shutdown horses on the saddle, when they flick an ear towards me, I'll let go.

Warwick Schiller ([00:50:16](#)):

And I might sit there for, you could just sit there at the gate, pick up on that ride. And they flick into you. Let go pick up in the round. You flick flicking here and let go. And what can happen after a while doing something that simple. And it might take 20 minutes of just sitting. There might take a half an hour, but after a while, when you've communicated to them, how aware you are of you can, you know, you can tell what the, where the mind is. And you've communicated that a lot of times they'll just up and walk away from the gate and that stuff I've been doing more recently. What I used to do was if my horse went to the gate, you know, I wanted to go back to the gate, to his friends. I might just ask him to walk and he might walk back and forth along the fence.

Warwick Schiller ([00:50:55](#)):

And every time he tries to stop, I asked him to walk and he walks back and forth on the fence. And I keep asking to walk and he keeps trying to stop and ask you to walk. And every time he stopped, so I was going to walk. And then at some point in time, he might walk away from the gate a little bit from

that end of the arena. And then I'll ask him to stop. And I'll say, you know, that piece, that standing still piece you want to have when you get back to your friends, it's available for you out here. Okay. And I usually get an, you know, depending on which one of those I use, but the one we're asking to walk, then when they go back after a while I might ask him to pick up a truck and they might try to around near the gate and keep trying to stop.

Warwick Schiller ([00:51:28](#)):

And once I realized they can't stop, they tend to be trotting in a circle, you know, near that, where they want to be. And once they realize they can't stop, they try to make that circle bigger. So it's a bit easier on them like this, cause there'll be trot and a pretty small circle on their own. And when they make that circle bigger, because you're up against the fence, that circle moves away from the gate and then you'll ask them to stop and let them rest there. And if they rest, that's good. If they go back to the gate, you pick up the truck. And after a while they realize, you know what, my desire to go over there so I can stand still with those guys is what causes all the work I can stand still out here. And there's an old, I call it destination addiction.

Warwick Schiller ([00:52:02](#)):

There's a saying that I've seen that says beware of destination addiction, destination addiction is the idea that you'll find happiness in your next house, in your niche job or with your next partner, until you get rid of the idea that happiness is somewhere else, it will never be where you are and horses are energy conservers. So you can, you can just pick up an, you know, the next gate up from whatever gate you're doing. Now, if you're standing still pick up a walk, if it's walking, pick up a chart, try and pick it up in Canada, and it will make that place harder work. And they're looking for a place to rest. They're not wanting to go back to their friends. And Ken are in it circles wanting to go back to their friends and hang with them. And after, while they realized they can hang with you.

Warwick Schiller ([00:52:45](#)):

So you can do it one way or the other. You know, one of those, if you think about there's a saying that says, sometimes you have to get to the mind to get to the feet. And sometimes you get to the feet to get to the mind. So the first one, that ear flick thing you were getting to the mind you're working on their mind right there. And after a while, their feet will walk away from the gate on its own. Because their mind, you got to the mind, the other one where you ask them to walk or try to whatever that's working on their feet, you get to the feet. And then they realize there's a rest away from the gate. And pretty soon their mind starts thinking, oh, over there is where I want to go. And I want to have a rest.

Warwick Schiller ([00:53:25](#)):

But if you're doing that one, you have to make sure that you come with the right mentality. You come with the right attitude. You cannot be doing it as a punishment. You can't really, you don't want to be at the gate. I'm going to make a truck or it doesn't work. I've seen people. I've had people tell me that doesn't work. You know? I had someone in Australia, he's a guy told me that, that that doesn't work. You know, my horse you'll try to away from the gate. She, she said, she'll try to away from what I'm doing to her at the gate. And then you run back to the gate cause she wants to be at the gate. And I said, well that's because whatever you are doing to this horse at the gate is too much pressure. And they're running away from that pressure.

Warwick Schiller ([00:54:02](#)):

Okay? That's not how you do it. You want just, you know, you say, well, you, you know, it's basically, it's a win-win situation. They say the horses, I want to get the gate. And you say, well, I want to try it. So we're both happy and you can stay here at the gate as long as you try. And they'll try to run in circles right there, but you're not, you know, it's not a punishment. You any, I think any technique with the wrong outlook or wrong attitude about the technique will not work because your attitude determines how you apply that technique and how you apply. That technique makes a big difference. But I think your, your, your attitude has a lot to do with it. And so I, you know, I do those two different techniques and maybe a bit of both, you know, a little bit of both of them.

Warwick Schiller ([00:54:53](#)):

And my first goal with any horse I start under settled is they will walk trot and canter on a completely loose rang without me steering. So like if the bridal fell off, it wouldn't be any different. Okay. Then I'm not talking about, you know, some, some writers of certain disciplines seem to think that if you're only pulling five pounds of pressure, that's a loose Rhine, you know, and only starts getting pressure. When it's 10 pounds, I'm talking about the reins are hanging, swinging loose, and then we'll walk trot and canter on a loose rein and use the whole arena for the most part, because for the most part, you know, people think their horses spooky of the other end of the arena, but choosing to not push away from the other end of the Renner, it's a pool towards the gate because that's where their friends are.

Warwick Schiller ([00:55:35](#)):

But that's like for me, that's step one is that they can control themselves. And there's no outside influences pulling them. They don't have destination addiction, you know, wherever they are in the arena, they're quite happy. You know, one of my previous podcast guests, amazing horseman I'm Jonathan field has this thing that he, that he calls neutral my horses in neutral. So if he's standing still, he's standing there and he's quite happy to stand there. He's not standing there wishing he was somewhere else. And then he has this thing called active neutral. So if your horse is trotting, he's still in neutral, but he's active. Meaning in this truck stride right here, he's quite happy to be here. And when he takes that next struck stride, he he's quite happy to be here. And when he takes that next truck stride, he he's quite happy to be here.

Warwick Schiller ([00:56:19](#)):

He's not taking those trucks strides to get to somewhere else. You know? So, you know, that's the same thing as, as destination diction. I want to, for me, I've got to get rid of destination addiction first so that they are happy where they are, you know, and this is not really just about destination addiction, either one of the episodes of my TV show, the principles of training. I had a a grand Prix dressage rider here in California, come down and stay for three days because she had this important, warm blood stallion that she was having some trouble with. And his trouble was, she said, he was porpoising like, he was, I said, what's porpoising. And she said, well, he kind of, he just does these little Bucky thing, like porpoises coming in and out of the water, you know, a little Humpy Bucky thing.

Warwick Schiller ([00:57:03](#)):

Anyway, she brought him down and she was riding him in the arena and she was just walking and trotting around. And the poor PC thing wasn't really happening. But I said, so she was riding him in a circle and I said, you're having any other problems. She goes, well, the other problem I have is he's contact with him. He's he's not real good in the contact. Cause he bulges here and he bulges there and she was going in a, in a circle probably, you know, 50, 60 feet from the gate end of the arena. And I said,



well, why don't you give me a bit of a running commentary on how he's contact fields while you're going around the circle. So she's going around the circle. She goes, well, right now he's leaning in like, he's really leaning on my inside, running inside leg.

Warwick Schiller ([00:57:48](#)):

He won't really get off it. And then I said, Hey, where is he now? And she goes, well, it feels a bit better now. I, she said, and I said, okay, so how is he now? And she goes, well, now he feels like he's pushing, running through my outside rein and outside leg. I said, okay. And so just keep trying to fix it. And how is he now? She said, well, now I feel a bit better. And I said, okay. And so how about now? And she said, no, now he's leaning on me inside leg. Like I have got my leg buried in his side and he won't get off of it. And I, and she went around a cup of circles like that and I said, okay, so let's just stop there for a second. Now, what I want you to do is just on the buckle, turn loose of your horse and ask him to walk.

Warwick Schiller ([00:58:25](#)):

Don't steer him. Don't help him just hold the buckle of the ranch, completely leased and let him go. So she asked him to walk and he walked straight over to the gate. Bumps is a big tall horse and I've got six foot high fences. And he hangs his head over the fence in the, you know, the fence is up against his chest and that's where he stopped. And I said that there is your problem. I said, he's not crooked and he's not bad about the contact. You might notice in those circles. I said, when he was leaning in, on your inside leg, he was side onto the gate. The gate was on the inside, on the, on the, you know, that was, he was going around the circle to the right. Okay. So when this horse was leaning on her right leg and her right rein, the gate was on his right side.

Warwick Schiller ([00:59:06](#)):

And then after a few strides, I said, how does he feel now? And she said, always been enable. Now he's facing the gate. So it's not on the left of him or not on the right of him. So he's not leaning left or right now. And then after that, I said, so has he feel now? And she said, well, now he's running through my outside leg and outside rein. Well, the gate is now on her left. It's on the left side of the circle. And then a few strides later. I said, so how is he now? And she goes, oh, he feels better now. Well, now the gate is directly behind him. So it's not on his left or his right. So what we did with that horse was exactly what we just, I just went through a second ago. I said with her he's, you know, he's a more educated horse.

Warwick Schiller ([00:59:42](#)):

So I said, okay, I want you to pick up the contact and walk, you know, five meters circles near the gate. And she walked five minutes circles near the gate around and around and ran, ran on contact. And after a while, he started to boat that circle out and we let him go down there and let him stop, did the whole thing. So that's, we did that one day and got to where he would use the whole arena at the walk trot and canter and not be attracted to the gate. And this is all without steering. That was the first day, second day we come back and we repeat the same thing again, until he's really good about that. And then I said, do I, why don't you come back out here? And you know, that circle you're riding yesterday. I want you to take up the contact and rod that circle and tell me if he feels any better.

Warwick Schiller ([01:00:24](#)):

And so she rides around the circle. She goes, oh my God. He's never felt this straight before in his life since I've had him. And I said, remember yesterday, when you said your left leg was buried in his side and he wouldn't get off it. And she said, yeah. And I said, it was on that side of the circle. So the side of

the circle, the furthest away from the gate. And she said, yeah, I said, okay. So as you come around that side right now, just put your leg on and do a little leg yield and see if you can yield him out a little bit on that side. And so, as she comes around there, she puts her leg on and she just barely puts her leg on and he moves over and off of it. And she's like, oh my God, it's like, he's been retrained to the league.

Warwick Schiller ([01:00:56](#)):

But the thing that we didn't retrain him to the league, you don't need more leg. The thing that happened was she was her horse. His mind was out the gate and she was trying to keep his body over here, but his mind was over there and it was pulling his body in different places. And, and you know, I'm no dressage rider, but this is the grand Prix dressage rider. Who's having trouble with straightness. And we fixed it with this thing. So getting rid of destination addiction is not just about you know, curing separation, anxiety. It's about fixing everything. You know, a lot of times people are using all their aides to stop their horse from going somewhere. They want to go. And so now you're, your eyes are all worn out. It's like, you know, it's like driving around in an automatic with one foot resting on the brake all the time and just, just where's your brakes yet.

Warwick Schiller ([01:01:43](#)):

And so that's why that exercise for me is it's, you know, it's just so important because, you know, I've had so many horses at clinics that had a multitude of problems and doing that exercise solved all these problems that they were having. And that could be all different sorts of problems. So, you know, what I don't do is wait till I have problems and then try to fix them. I solve the cause of the problem right at the beginning. And it's, it's also a lateral thinking question for horses. You know, what they learn is they have complete control over this situation. They can do whatever they want, but certain choices they make are harder work than a more work than other choices. And, you know, horses are energy conservers if you give them the choice to be cantering around for a long time or standing still in one place, they'll choose to standing still in one place.

Warwick Schiller ([01:02:37](#)):

And so it, the, the, the real for me, the big part of it is, like I said, it really sets them up to, it gives them confidence because they go, okay, I know how to avoid work. I know how to control what happens to me. I heard someone in Australia years ago, horses become anxious when they can't control. What happens to them right off the bat. You are giving your horse complete control. You are saying you are the master of your own destiny. And it's it's a great way to, to you know, to start out with any horse, because it really, it really just takes care of a lot of problems before they even show up.

Robyn Schiller ([01:03:17](#)):

All right. The next question is from Viv from far north Queensland in Australia, I have a very athletic 11 year old Arab mayor that I've had for five years. She's okay to ride away from home in her paddock mate. But the moment we turn in the direction of home, often 10 plus kilometers from home, she just wants to race to the point where I can't trot or counter, because we end up doing one rain stops. In the meantime, the walk has become a full on bouncy jig. I've been doing the respond and release technique, which achieves a lot achieves lots of snorting and head tossing. And then straight back into the jiggling. Can you suggest anything that might help me to get her to feel confident enough to just cruise home?

Warwick Schiller ([01:03:59](#)):

Greg question Vivian, and this one's pretty common. So I do a thing, you know, just like I said, with that last horse, you know, talking about something I do from the beginning with horses is take care of problems that will arise if I don't take care of them in the beginning. And so I'd rather be proactive than reactive. And when I start trail riding horses, what I will do is I'll do a thing called a 50 foot trail Rodan, and just like the destination addiction stuff in the arena. There's a couple of different ways you can do it. And I'll probably talk about how I have done it in the past, because it's very related to what I was doing in the arena. So in the past, I would start at the start of my trial ride, wherever that is, where they, where they comfortable, you know, and I'd ride, I ride them away from there on a completely loose rein.

Warwick Schiller ([01:04:54](#)):

So just point them away from there. And I'm not really guiding them a point in that direction. I expect them to go in that direction and if they turn around and go back home, so they might only go 10 feet and turn around and go back home. As soon as they get there, I would just pick up a truck and maybe just trot some circles around there, around and around and around and around and around. And then I will point them out in the direction. I want to go and let them go. And they might go 20 feet in that direction this time, but then they might turn around and go home. And so no horses going to bolt 20 feet, 20 feet is not very fast. So they're only going to go at the speed they go in it. So you're taking out all the anxiety.

Warwick Schiller ([01:05:28](#)):

And what this is about is just staying below threshold is, is, is staying below the point where they're at the panic. You know, they still have the desire to go home, but if it's only 20 feet away, they're not gonna, they're not going to bolt. And so I will you know, keep doing that and extend it out to where they go, 20, 30, 40, you know, once I can get to 50 feet. And this is that the kicker is, and I'm doing this at the walk. You know, if they've picked up a tree, if we've trotted around, when they were at the home space, you know, as I head out, I break back to walk and let them walk out. But once they'll go 50 feet on their own on a completely loose reign, what I do then is I turn around and I go home.

Warwick Schiller ([01:06:08](#)):

And what I'm looking for, does the horse walk faster, going home than they do going out? Cause like you said, your horse walks out. Okay. And for you listeners here, when she said she's okay to ride away from home, she said, okay, in parentheses and invert, sorry, not Prince's inverted commas. So she said, she's okay to ride. Right. She's not perfect to ride away from home. She's kind of okay. So what I imagine is that Vive, you are making her ride out there. If the bridal fell off, she'd turn around and go hunt. Okay. So the problem doesn't happen. 10 kilometers from home when you've turned around and gone home, it's there the whole time. Okay. You're just kind of covering it up. Anyway. So once they'll go 50 feet, okay. Now they'll go out. But what I want to know is do they still have a desire to go home?

Warwick Schiller ([01:06:59](#)):

And so when I turned around and go home, I'm measuring mentally in my head and we walking the same speed. We walked out, are we walking faster? If they walk home faster, that means they got destination addiction. Like I can't wait to get back home so I can stand still. And when they get there, you pick up a trot and try to ransom circles again and then head out again. And I won't go further than 50 feet, 50 feet. Not very far. I won't go further than 50 feet until they will walk out and walk home. Exactly the same speed. Okay. If they go in faster that going home, then they were going out. I'm not

going any further because there's the problem. Does that make sense? And then I just extend it further and further. The other way I do it is what I call a 50 foot trail road, 2.0.

Warwick Schiller ([01:07:43](#)):

And what I'll do there is I will walk, start at home and I'll walk away from home and I'll only walk about 10, 15 feet, and then I'll turn, I'll walk back to home. So it almost looks a bit like a circle or an oblong, you know? And when I get back to where they're comfortable, I'll turn and I'll walk another, you know, I might walk 20 feet and then back and then 30 feet and then back and then 40 feet and then back and then 50 feet and then back. And what it gets them realizing is that I am not getting separated from home forever. This is not forever. I'm going to get to back there. And it really, really helps them let go of the desire to, to go home there. But I've had so many instances of this at clinics of the years.

Warwick Schiller ([01:08:28](#)):

It's not funny. You know, like I said, a minute ago, solving that destination addiction thing. I remember I did a clinic in many. This is many years ago when I first started doing clinics. We were living in Australia and I did a clinic in a place called Capella in Australia. And there was a lady is so Capella, the covered arena is on the, on the show grounds. What we call a show grounds in Australia, you'd call it a fairground in America. And there was a lady sitting in the stand watching all the, all the weekend. And by Sunday afternoon she says, I've got a question. I said, yeah, she goes, well, that stuff might work on these horses, but it won't work on my horse, my horse bolts all the time, like on a loop, he won't do anything on a loose shrine.

Warwick Schiller ([01:09:07](#)):

He just goes, cause there's an ex you know, he's a, he was a polo horse in a polar cross. You know, a lot of, a lot of events where high anxiety and high speed is, is kind of the norm. And she said, he won't, you know, you can't do anything on a loose reign with him. And she said, you want to see him? I'm like, no, I don't need to see him. She's like, but, but I bet, you know, she kept egging me on, like, I bet she's not even in the clinic. But she kept saying, well, I wouldn't work with my horse. You want to see him? I'm like, no, I don't need to see your horse. He's not in the clinic. These guys here have paid money to have me help him, but she kept going on and on. And I'm finally like, okay, this might be beneficial for the clinic go is to really cement how this works.

Warwick Schiller ([01:09:43](#)):

So I said, go get him. So she goes and gets him and settled him out. And she brings him in the arena. And I said, now go ahead and hop on him. And so she hops on and you stand in there in the arena. And she he's standing still on the loose run. And she said, and I, and I said, I thought you said he wouldn't do anything until this round. And she said, he won't. And I said, well, he's right now. She goes, well, okay, you'll stand still on the train. But if I go, if I ask him to go, he'll just, if I'm not holding him back, he'll just bolt. And I said, well, can I get on him? And she's like, yes, please. And she was kind of halfway down the arena. So I let him further down the arena towards the one gate in the arena.

Warwick Schiller ([01:10:25](#)):

And I placed him about 30 feet, 40 feet, maybe 50 feet from the gate. And I kind of placed him side onto the gate, not pointing towards the gate side on, towards the gate. Anyway, I hopped on and he stands still on loose Ryan. And I said, so if I ask him to go he'll bolt and she says, yep. I said, okay, let's have a look at this. And so I asked him to go. He immediately turns towards the gate and walks in and trucks

and picks up a Cantor and then gets to the gate and stops and hangs his head over the gate. And I said, I thought you said, he'd bolt. She said, well, he just did. I said, but he's not now. He doesn't want to bolt. You think my horse wants to bolt your horse wants to go to the gate.

Warwick Schiller ([01:11:07](#)):

I said, if I had a gun on him at the other end of the arena, yes, he'd have bolted because he had, you know, he was that far away from the place where he's comfortable and he would have picked up a lot more speed. I got I'm in a place where yeah, he got to a Cantor, but it wasn't really a bolt. But I just wanted to show you that he's, if he wanted to bolt, if this horse wanted to bolt, he'd be bolting. Now the bolting is a symptom of something else. And I, I think I got through to her there another great example. This was such a good night. I was in Australia. I did some clinics in Tasmania that it'll all end at the bottom of Australia a number of years ago. And there was another horsemen in the area who's from Tasmania.

Warwick Schiller ([01:11:49](#)):

And we had decided we were going to do a problem solving clinic on that. Like this is the Saturday night. So I did a clinic Saturday, Sunday, but the Saturday night we're going to do a problem-solving clinic. And so we had people bring us, I think we bought six problem-solving horses. And then this guy and I, we drew names out of a hat to see who was going to have what horse. We have one horse it's hard to bridle, one horse. It's hard to get on a horse trailer, one horse that Ray's really bad, blah, blah, blah, blah. Well guess who drove the rearing horse it's me. And so they had, what they'd done in this Rena was, was paneled off, you know, like a, almost a round pin, maybe two round pin size place on one end and put all these seats around the outside of it.

Warwick Schiller ([01:12:29](#)):

We had quite a crowd there. And so this girl brings a whole, you know, the go with the raring horse before she brought him in. I said, well, does he really a little, what does he rear a lodge? Because all you raised a lot. And I said, does he pop up just a tiny bit? Or does he stand straight up? She goes, oh, no, he stands straight up. I go, okay, here we go. And she brings him in and he's about a 14 to Hain sort of riding pony sort of thing with an English saddle on. And I said, well, were you riding? She said, sure. And he said, okay, we'll hop on and show me what he does. So she hops on near the gate and she asked him to go and there's a whole lot of kicking to try to get him to go.

Warwick Schiller ([01:13:04](#)):

And he's kind of, you know, kind of duck and left and right. And doesn't want to go forward. And then he popped a little rare and then you raise up a bit more than she kind of gets him going. And she kind of goes around the fence and comes back towards this end to gate end and starts heading away from the gate again. And once again, he's kind of jacking up and I said, can you ask him to trot right there? And she goes, can't get any kicks out of there. And then he sells up and then Fred straight up set up. Perfect, good. And you can hop off now, we'll get on. And all, I wanted the crowd to see what that this horse will re-air up because if I got on him, he wasn't going to rear up. Cause I'll tell you why here in a second.

Warwick Schiller ([01:13:38](#)):

So I get on him and I get on him about 10 feet from the gate facing away from the gate. I hop on and ask him to walk. And he just turns and walks straight back towards the gate. And as he gets to the gate, he stops and hangs his head over it. So I just pick up one run and ask him to walk. And I start walking small

circles at the gate and we're walking around and around and around at the gate. And then that circle, like I said, in that, you know, about the separation anxiety stuff before that circle starts to bulge a bit away from the gate. So I let him go and he goes probably 10 feet from the gate. Then it comes back. And so I do it again and do it. And then he starts to go away from the gate a little sooner.

Warwick Schiller ([01:14:14](#)):

And it will soon as soon. And pretty soon I'm getting where I can walk him up. The other end of the you know, the other end of this little area and back again. But when he's walking back, he's walking a bit faster than he walked up. And so when he gets back to the gate, I do some more circling with him. And then, you know, so I'm working him at that and making it a little more, you know, it's a little more work at the gate and less work away from the gate. That's all this is, but it's not anything bad. If you saw me walking a circle on this horse, you wouldn't think, oh, that guy's punishing that horse. Okay. Oh, he's just walking circles. And I w when I got to where that horse would walk up the arena and back down the arena at the same speed on a completely loose rein, with no steering, then as he came around and passed the gate, I said, this is the spot where you asked him to trot and he read up isn't it.

Warwick Schiller ([01:14:59](#)):

And she said, yes. And I went giddy up and he just picked up this cute little trot and trotted up the arena. And there was no raring to it at all. And this is why I, I make sure I get rid of this stuff from the beginning. Like I said, it solved so many problems and raring is one of them. Okay. Any horse? That's got a raring problem. Usually when I go through this process, the is not there. I mean, on my online video library, I've got a number of videos of raring horses on there, but none of them rare when I ride them because of the way I go about things. And I actually have got one on there. That's a, it was a chronically raring imported warmblood inventing me. And I had someone ask me to take her a few years ago because she's his chronic raring horse.

Warwick Schiller ([01:15:45](#)):

And I said to the person that has her, I said, well, do you have any video of her raring up? And she said, yeah, I do. And I said, well, can I use it? I said, I'll take her if I can use that footage. And, you know, I think for a while there, she thought I wanted to use that footage to make it look bad. But in reality, I wanted to have that footage because if you watch the retraining of this horse, the solving of this problem, there's no raring at all. And you'd say, there's nothing wrong with that horse. That's not a raring horse. I've got a raring horse at home, but really all the raring was, was trying to make it go somewhere that she wasn't thinking about going at the time. And so, you know what, I'm actually, it's on the principles of training that the, which is on YouTube and, and, you know, it was played on Molson country, TV in the UK as well.

Warwick Schiller ([01:16:31](#)):

But at the start of the episode with that mayor, I made sure there was a lot of footage of it raring up. So people were like, yeah, this is a bad horse. I get to see how to fix a bad horse. And you don't see her be a bad horse at all because I stay below threshold and I change her mind about where she wants to be. I don't force her to go there. I change her mind about it. And yeah, she was such a sweet out, such a lovely horse. But so another thing about this thing of Vivity, she says in the, on the way back, she says, in the meantime, the walk has become a full-on bouncy jig. And I have a lot of people say to me, what do you do with a horse that jigs? And I say, I'm joining with the horse, the jigs right now, but how do you, how do you fix it?

Warwick Schiller ([01:17:12](#)):

And I said, well, I don't ever fix a jig. And I go, well, my always GX. I got, no, your horse doesn't want a jig. And they say, yes, he wants to jig again. I guarantee you, he, he, he doesn't want a jig. If he was jiggling and the bridal fell off, he'd be then running. The only reason he's jiggling is because he's wanting to go and you're pulling on the reins and preventing him from going and you holding him back to a walk, but that energy is still in there. Okay. Horses don't G on loose rein horses, jig, when they want to go in the person, riding them is stopping them from going. So, anyway, you know, you want to start, don't start 10 kilometers or 10 miles, whatever it was from home and try to fix the problem. The problem is, you know, there's a great meme that I send to people sometimes.

Warwick Schiller ([01:17:55](#)):

And it's what's his name? Johnny Depp dressed as JIP dressed as captain Jack Sparrow. And he says, the problem is not the problem, your attitude about the problem is the problem. You know, it's, it's how you view the problem. That's the problem. There's another really good meme of Heath ledger as the joker. And he's looking at the camera, you know, with that joker mask on. And it says things aren't getting worse, they're just becoming more apparent, okay, this horse that's okay. Going out 10 kilometers. But when you turn around and starts going home, things get worse. Now they're not worse. They're just more apparent than they were going out. But that problem is there on the way out. So just yeah, that's something I'd really suggest is you've got to teach your horse to trail ride. You know, I don't think I just take my horse for trout. Right. He should be fine with it. You've got to teach them how to do that.

Robyn Schiller ([01:18:47](#)):

Yeah. That reminds me of what you said in the first podcast. You know, you fix the things in, at the basic level before it becomes the technical thing. And if you can fix that, then the big things are easy. All right. Third question on separation anxiety. This is Alex from Plainfield, Illinois. She says, you talk about relaxation a lot. What are some ways to get my horse back to relaxed state? Once he is tense, we will be riding out in the field and he will go along. Okay. But we'll spook at Sandhill cranes or a deer, and be quite tense after that, like in the podcast, when the horse that sees the rabbits and loses it at the 12th rabbit, it's actually the 13th, but what, what should you do after? What should she do after each rabbit to achieve relaxation again?

Warwick Schiller ([01:19:35](#)):

Great question, Alex. You know this I'm going to quote the Navy seal to the Navy seals. So you don't rise to the occasion. You fall to the level of your training. So what you don't do is you don't wait until you're out riding your horse spooks at something, and then you go, well, how do I get my horse back down? Now, the thing is, what you've got to be able to do is whatever you've used to train your horse to get back down before you went out. That's what you're going to use. So, I mean, you know, there's a lot of different ways of teaching a horse to relax. But what you've got to do is you've got to, you know, one of the principles of training in the, one of the episodes of the principles of training was called create a tool before you use a tool.

Warwick Schiller ([01:20:15](#)):

So you want to use a tool of, have been able to get your horse to relax out there, but you need to create that tool first. And you're going to create that in a place where you control the amount of stress that's involved, like the Sandhill crane and the DIA jumps out, might concern your horse quite a bit. If your horse can't reset themselves from just a little, you're not going to be able to reset them from a whole

lot. And so I think you've all heard that, you know, the story of my wife's panic attack on a plane, her first panic attack on a plane, she, she got over it. She solved it because she'd done some resetting exercises meant, you know, mental resetting exercises, anxiety, resetting exercises away from there. And then when the, when, you know, she had a panic attack on a plane, she just reverted back to her, her training.

Warwick Schiller ([01:21:03](#)):

So, you know, if you don't have that before you go out there, you kind of, you kind of lost. And, you know, I, I always kind of feel half guilty about saying that sort of thing. But I was at a horse expo a few years ago, watching mark Rashad, previous podcast, guest, mark Rahan. And he said exactly the same thing. They were doing some bending. So I have an exercise on the video subscription called Benning for relaxation. And it's about teaching a horse, how to just let go of their attention, their body, by doing these bending exercises. And you know, you've got to teach them how to do it the first time you do it. They don't all let go right away, but you've gotta be able to teach them to do it. So mark Rashad was doing something very similar with a bunch of horses in the rented this horse expo.

Warwick Schiller ([01:21:48](#)):

And he says, now this is going to horse help a horse, relax, you know, and someone in the crowd sticks his hands up and said, can I get to ask a question? And Mark's like, yeah, well, and they said, what do you do if, and he said, oh, you're talking about try riding Archer. And she said, yeah. And he goes, I know, I know. What do you do if you're out on a trial, it's a single-track trial, there's a a hundred foot drop on one side and a grizzly bear on the other side and the barbwire fence in front of you and you can't bend your horse and have them relax. What are you doing? She goes, yes, that's my question. And he said, just don't die at that point in time. That's all you got just don't die. You know, there's no great, you know, there's no great answer for that.

Warwick Schiller ([01:22:24](#)):

But if you don't like he was what he was saying was if you don't have any tools, if you don't have relaxation tools before you get out there. So Alex said, I would, you know, it sounds like you're affiliate familiar with what I do. I'd look up that Benning for relaxation exercise. And initially you've got to bend them in circles to get it to happen. But after a while, you can get tweaked and just put a bend in them while going straight and they'll relax. And that's what you've got to be able to have when you are on a single track trail and things go wrong, but they've got to be able to, and you might have to be able to do it while they're moving their feet and not standing still. So you've got to get this stuff sorted it at home, you know, there was a, one of the YouTube videos I did a few years ago.

Warwick Schiller ([01:23:05](#)):

Someone said, what do you do when your horse loses his mind at a horse show and you can't get it back. And so I did a YouTube video and I was on my horse Bundy. And I said, the question is, what are you doing when your horse loses his mind at a horse show? And I said, before you go to a horse show, make sure you can do this. I said, so I'm going to make Gallup Bundy Gallup for 30 seconds. Like, like every stride I'm going to try and make go faster and faster and faster and faster and faster for 30 seconds, which is going to bring up a lot of concern in him, you know, in most horses. And so I get up, go up, get up, get up and aftertaste things. I just pick up and I sit and pick up on the range real lightly and bringing him back to a walk and just walk on a loose rein.



Warwick Schiller ([01:23:39](#)):

And I said, if you can't do that, if you can't go from a Gallop, like 30 seconds of galloping to a walk and then walk on a loose rein, you're probably not ready to go to a horse show. And a lot of people said, but, but at the whole show, I don't Gallop my horse. And I said, it's not that what you are doing when you get up into a Gallop is, is you get them activated. You get the adrenaline running, you get all the things happening that are going to happen at the horse show. And then you teach them. And, you know, I didn't show how to teach anything in this particular clip. I was just showing like, you know, I said, if you, you know, be cantering along and maybe speed your horse up for two strides and then bring him back down to walk and turn loose on loose rein.

Warwick Schiller ([01:24:21](#)):

And if they start jiggling, then you've got to start to bend them and teach them how to come back down. But it's all about teaching them how to come back down from being up when you provide the environment that causes the spook, it's not outside your control, which is exactly what, you know, if you guys have listened to Robin and the, and the airplane thing, you know, that's exactly what Robin did when she first started working on that. She made herself slightly concerned and then worked in getting herself back down. So it's all about the work you do at home.

Robyn Schiller ([01:24:51](#)):

All right, this next question is from Brittany, from Toowoomba Queensland. I almost got my first tattoo in Toowoomba near to, oh, I guess it was Gatton, but close enough that I chickened out anyway, I have several now, but that was funny. I have a young Gildan who was potty raised as his mom passed away. He is now five and whilst he is lovely to ride, he is quite mopey when left in the yard or paddock by himself. He's also mopey while being tied up and pause the pause at the ground rears and calls out to his friend. So my question is how to help separation anxiety slash mopeiness in horses.

Warwick Schiller ([01:25:28](#)):

You know, Brittany, some questions have no good answers, and it's not that there is no good answer to teach a horse how to you know, not have separation anxiety, but this one, when you said he was potty raised. So he's what in Australia would call a potty which in America is Alleppey or, you know, it's an orphan basically. And you know, the thing with horses, just like in humans, there is a trauma from early weenie. And so a lot of, a lot of horses in say, you know like, like in, in like in the raining and like in performance, horse industry and stuff, you know, they'll wean them about four and a half months, sometimes five months, stuff like that. But really that is too early. And there is there is you know attachment trauma that develops in that, like our horse horse chance.

Warwick Schiller ([01:26:22](#)):

Who's now two, I think we weaned him when he was 10 months old. And you know, he seems to be pretty even minded about that, but you know, you, you are dealing with some deep seated trauma there. So there, there are a lot of ways to go about helping it. But the big thing with separation anxiety is you can work on separation anxiety, but what it is, you can't go over threshold. So if I was just talking about Robin and her panic attack on plane, you know, Robin used to have panic attacks. And once she had one, it was two hours of the panic attack because she couldn't come back down. And what she started doing was tie trading or, or, you know, she'd sit down one day and she'd think about something that made you a little bit concerned and then do some breath work to get herself back present and have that go away.

Warwick Schiller ([01:27:13](#)):

So she would, she would make herself a little bit concerned and then get us off. Good. And so the thing with like this horse here, he's quite matey when left in a yacht or a Pedic by himself. So that's over threshold, like leaving them alone and having him panic. If they're in the panic stage, they're not learn anything. There's no good can come of this. He's also made a, when tied up and pours the ground, you raise and calls out to his friends. That's that's panic stations. And I know some people are, you know, pretty experienced about horses, probably listen to this, like, yeah, that's how you get them over it. They are the get over it, which means they become a bit shut down or they don't get over it. But either way, I'm not real, real cool and all that. So what I do with horses to help with separation anxiety, and I just, I just filmed a, a series here for the online subscription last year.

Warwick Schiller ([01:28:06](#)):

I think with, I just mentioned, I have fall chance while he chance has been with the horse that I showed at the water question games PD for a couple of years now, probably since he was weaned, he was in a herd with PD and he's ended up being, you know, human pedia, best friends, and they're in together and PD. He started to get to, it looked like if I took chance out of there, he was going to get really concerned. So what I did with him was I set it up to where they are in Berkeley marina pain with another pain beside it. And I took chance out of his pen and I put him in the pen next door. So they just separated by a fence and PD felt the need to stand up against that fence with his head over it, looking at chance like don't leave, don't leave.

Warwick Schiller ([01:28:51](#)):

And I went in the pen with Peter and the other side of the pain, and I just got my flag and I just waved a little bit. So I got his attention off chance and on me, you know, and that was all I did the first day was I would just break that, that focus to a I could. And initially it took quite a bit to get PDs thoughts to come off chance onto me. And then you know, the next day a little did it. And it was a little easier the next day, a little, a little easier. Then what I did was I separated them by 12 feet. So there was another pen on the other side of that. So I separated them by 12 feet and did the same thing. And then I separated by 36 feet and did the same thing.

Warwick Schiller ([01:29:30](#)):

Then I separated by 48 feet and did the same thing and then 48 feet with him out of sight. So he was away from there and in a, in a, in a store way, Pete, he couldn't see him. And the most concerned PD was which wasn't very concerned. It was the first day because, you know, PD, I guess PD has had him taken away in the past week. PD gets all frantic. And what happens is if the other horse leaving makes that horse thing, I'm about to have a panic attack. It really concerns them. So it'd be kind of like if you come home from work, your young child comes up to, you says, Hey dad, and you pick them up, give him a hug, take him outside and throw them in the swimming pool in the deep end of the swimming pool. And they can't swim.

Warwick Schiller ([01:30:15](#)):

And the first day they don't know what's happening until they get in the pool. But the second day they come out, you come home, you pick them up and give them a huggy carry, man. And as you're going out towards the pool at the back door, towards the pool, then they're like, oh my God, ah, Linea, throw him in the pool and then so on and so forth. And after a while, when you walk in the door, they're in panic stations, what's the same thing with a horse that gets separated from another horse for a long time, for,

with a long distance and there, and they're completely panicking if that happens a lot pretty soon that the thought of that other horse leading. So you go in there to catch them and start to take them out. And that horse starts to lose their mind.

Warwick Schiller ([01:30:52](#)):

It's just because they've been taken over threshold. So you want to do it. It's just like the trail riding thing. It's just like the arena thing. You can't make them go away too far. You've just got to work on it a little bit. I think, you know what? I have a I have some videos on YouTube on this. It's on separation anxiety. I think it says separation, anxiety. It's with Bella. Who's actually Chance's mother. And I showed the first day, the second day, the third day and the fourth day. And what, how different she is on the fourth day. But you know, it's a bit hard to explain here on podcasts, but there is a process, but the process is you don't have them get over the threshold. You don't scare the hell out of them. Okay? You, you expand the window of tolerance, but initially they have almost no window of tolerance. You've you gotta be, you know, you've gotta be at the edge of their comfort zone, but you can't be in panic stations. And that's the big thing with most of this stuff is you just can't get them independent stations,

Robyn Schiller ([01:31:45](#)):

Something that worked didn't say, but was inferred was, you know, until they have these coping mechanisms, we don't separate them. So if we have to go, you know, wash one's main, the other one comes to. So until those tools are installed, you know, we don't, we don't stress them out. So just a little tidbit. All right. So Laura, from Pennsylvania, she says, my question is an age old one dealing with a buddy sour horse, my older, but green broke mirrors on pasture board as I prefer them to be out all the time. But when I bring her in from, into the barn for grooming and then into the arena for work, she is distracted and anxious, not explosive or dangerous, but worried and rushing fast paced and inverted shape calling for her mates. I try to stay off of her mouth. So she always has the option to relax and drop her head.

Robyn Schiller ([01:32:37](#)):

Bringing her pasture mates in is not an option as they don't like stalls. Plus she wouldn't be able to see them anyway, while we're in the arena, she's generally well-behaved while I'm riding or working with her, but she won't relax her mind and body. She is new to writing. So I want to get her relaxed before asking more from her. She has good days where she focuses on me eventually and bad days where she never really focuses and just power walks around with her hot head high the whole time. She is better with another horse in the arena with her, but at a small barn, I can't guarantee that someone else will always be there. I need to figure out how to help her learn how to self SUSE too. But I'm at a loss in this particular case.

Warwick Schiller ([01:33:19](#)):

Hi, Laura. Well, I think I covered most of this in the questions so far. So the first thing is, you know, the one I just talked about with separation anxiety, that's when you're separating your horse and they're being left alone and that's the hardest one, but the first one you've gotta be able to do is have them comfortable when they, with you. Okay. Which it sounds like your horse is not terribly good with you leading or under saddle. And you know, you've really got to get both of those. Good. And I think I kind of gave you enough information about that. But I did say before that solving that, that destination addiction on a saddle queue is a lot of problems. And I, you know, I talked about you know, raring several raring horses that are cured. The problem of raring. I talked about the, you know, the grand Prix

dressage rider, whose horse was not very straight on contact and it solved that without even addressing it.

Warwick Schiller ([01:34:07](#)):

But something you said about your horse here, it said that she has good days and she focused on me. I miss your bad days. But when she didn't really focus and just power walks around with her head high the whole time, if you spend much time at all, riding a horse with their head high and their body completely tense, you're going to have lameness issues. You can have a mechanical issues. And so, you know what I've been talking about, it's almost an anti lameness drug as well, you know, horses that are horses that ride around with their head completely up in the air. And they bet, you know, that that's that stress. So, you know, they're in a high state of stress. So you're probably going to get gut issues. You're going to get, you know, metabolism issues. You're going to get lameness issues. You're gonna get buddy issues.

Warwick Schiller ([01:34:54](#)):

I mean, you know, there's a whole lot of stuff going on there, but yeah. So she's way over threshold with that. The big thing is you can't have them that concern. So, you know, if your horse is not connecting with you on the ground and you can't get the relaxation there, it probably wouldn't be doing much riding on the settle. But I think, you know, I think from what we've talked about today, you've kind of got a fair idea of, of what to do. But the big thing is, is don't, you know, keep your horse in a good place. The more you put them in a place to where they're stressed out, the more they start to think that whatever you're about to ask them to do is going to stress them out. That's it, that's a big part of it. You've got to, you know, you've got to always be expanding their comfort zone, but you can't have him freaking out because it's just, you know, it's not a good thing.

Robyn Schiller ([01:35:36](#)):

You know, it's hard to remember to say everything that we want to say. And one of the things that war didn't say right then was, you know, you need to get this horse connected to you before you take her away from the pasture mates. So start in the pasture. We have, we do have videos on this where we, where we work on it in the past year and we get that question a lot. So just start there. All right. Here's the last separation anxiety question from Corinne in Canada. She said, my four year old Appaloosa is easygoing, but while trail riding, he stops and won't go forward. That's called planting. Right. We hear that from the UK, they plant and we didn't know what that meant, but that's what it meant. Nappy. Oh, nappy. Okay. We'll plant too. But anyway, won't go forward stops and won't go forward. He does not respond to the leg aids.

Warwick Schiller ([01:36:27](#)):

Thanks for your question, Corinne. So this goes back. This is almost the same question as the lady from far north Queensland that has the 11 year old Arabian that when you get 10 K's from home, and then she wants to run home. This horse here, you know, V from Queensland said, she's okay to ride away from home. Okay. In inverted commas. Well, if she was a little less, okay. She would have Corinne's horses problem where she wouldn't go away from home. This is exactly the same thing. And she said, let's talk, let's read this again. My four year old Appaloosa is easy going, but wild try riding his stops and won't go forward. He does not respond to the leg aids. I think that's false. I think Kerryn thinks that's what he does. But if you turned him around right there and pointed him towards Herman and your leg aid, would he go?

Warwick Schiller ([01:37:16](#)):

And if he does go, then you don't have any problems with the leg age. This is like the dressage horse that was having problem with the straightness and leaning on the riders inside rein, inside leg and outside, right? And outside leg. It's not an inside rein problem on the inside leg problems on an outside rein problem. And it's not an outside leg problem. It's the horse wanting to be somewhere other than where they are. They're not in what Jonathan Field would call neutral. They, they mind and their body as separate from each other. And you've got to get them to wear them on in their body, in the same place. So this horse here of Koreans, you know, I bet he's thinking of me at home. And you know, you've really got to understand what the problem is and describing it as something else makes you come up with the wrong solution.

Warwick Schiller ([01:37:58](#)):

You know, when he's on trial riding, he stops and he won't go forward. He does not respond to my legs. So I'm thinking it's probably a want to go home thing. So if he stops and won't go forward and you turn him around and pointing towards him and he goes, then it's not a forward problem. It's it's so treating it like a forward problem is not going to work because it's not a forward problem. You know, it's, it's not wanting to go away from home problem. That's why we included this one in the separation anxiety thing. Or if for some other reason, he wouldn't go forward in horses. Usually won't go for one or two reasons because you're trying to get him to go away from somewhere. They want to be, or towards somewhere. They don't want to be. So let's say there's a bay hiding in the bushes.

Warwick Schiller ([01:38:42](#)):

Maybe that's, you know, she is from Canada. There might be a moose in the bushes, but you know, you have to figure out which one of them it is, but it's, if your horse goes in the arena, it's not a go-forward problem. Okay. You've got to figure out what it is. And I imagine this one is more of the wanting to go wanting to go home problem. But you know, if you turn your horse around and points your horse home and he goes just fine, then, then yeah, that's, that's what the problem is. And it's very common, but all these things we've talked about in this podcast, from the, the shut down stuff to the separation anxiety stuff, it's all very common and it's just horses being horses. So a lot of people get frustrated, cause my horse went through this. [inaudible] Why does he do that? Because he's a horse they're wired to do that sort of thing. It's just, you know, it's, it's how mammals work. And so you just have to understand that and work through it with no frustration. You know, you have to understand that's that, that's how it is. So you just have to look at it for what it is and not for what you wish it was. And then then it's much easier to work through the issue.

Robyn Schiller ([01:39:56](#)):

I love what Warren has said right. Then when he said to look at it, as it is not as you wish it was that's, I'm gonna I'm gonna put that on my screen saver work, Shiller says it's, it sounds like what, you know, the Wayne Dyer quote when you change the way you look at things, the things you look at change, and that's the whole thing about what we're on about what mostly, what works on about, but, you know, we want you to look at horses a little bit differently, and I can tell you in the last, you know, five years it's completely changed the way that I've looked at horses and, you know, it's got me questioning what I'm going to do next with them. And, you know, I'm really just grateful that, that we've gone down this path and yeah, hope we hope we've inspired you to take, take your, turn down some rabbit holes and, and, and follow along with us.

Robyn Schiller ([01:40:55](#)):

All right. So that ends our, our question and answer podcast for this week. We have more questions, but we could use more. If we're going to do these in the future, we are going to get some more guests on we have some scheduled and again, if you want to ask a podcast question, you can, e-mail it to Warrick at Warrick, schiller.com. Remember to put question for podcast in the title so that we can sort through all the emails we get every day. And again, I'll, you know, ask for your, give this podcast a good rating so we can, you know, get up there in the analytics and, and get this out to more horse people you know, share it around that helps give us a review that also helps, you know, the way that the algorithms work, the more feedback we get on the podcast, the more it will show up for other people to listen to. And, you know, I know I'm biased, but I think everybody should be listening to it. I think everybody should be watching the videos. You know, I think this is a must for every horse center, but again, you know, I'm biased. So please join us next time on the journey on podcast. Thanks for listening.