The Horse Course

Observation Chart (read the body rather than face and totally ignore what is being said)

<table>
<thead>
<tr>
<th>Smooth movements, loose muscles, forwards</th>
<th>Neutral</th>
<th>Jerky movements, tight muscles, moves backwards/away</th>
</tr>
</thead>
<tbody>
<tr>
<td>fast, calm aggression, destructive</td>
<td>destructive rough won't keep still</td>
<td>fast, fun, play loose muscles</td>
</tr>
<tr>
<td>slow and deliberate aggression, destructive</td>
<td>pushy dominant</td>
<td>experimental brave investigative assertive</td>
</tr>
<tr>
<td>hostil refusping “try and make me”</td>
<td>moves slowly lazy resistant makes you work harder</td>
<td>persistent calm planning dependable</td>
</tr>
<tr>
<td>calm, determined, immovable, “you can’t hurt me”</td>
<td>won’t move unyielding</td>
<td>patient slow analytical at ease</td>
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<tr>
<th>Dominance</th>
<th>Play</th>
<th>Confidence</th>
<th>Curiosity</th>
<th>Fear</th>
</tr>
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<td>fast efficient athletic vigilant focused</td>
<td>can’t keep still frenetic running about reactive</td>
</tr>
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<td>slow and deliberate aggression, destructive</td>
<td>pushy dominant</td>
<td>experimental brave investigative assertive</td>
<td>responsive perceptive doing speedy curious</td>
<td>hyper vigilant tense, jerky often backwards messy energy displaced behaviours</td>
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<td>bonding sensitive connected gentle compliant empathic</td>
<td>weak messy energy ineffective pleading tight body retreating</td>
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<td>peaceful connected tranquil</td>
<td>can’t move fixed</td>
</tr>
<tr>
<td>soft muscles, calm stillness, easy posture, present</td>
<td>neutral</td>
<td>neutral</td>
<td>neutral</td>
<td>tight muscles, awkward postures, holds breath, invisible</td>
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- Smooth movements, loose muscles, forwards: 
  - Fast, calm, aggressive, destructive
  - Slow and deliberate aggressive, destructive

- Jerky movements, tight muscles, moves backwards/away: 
  - Fast, efficient, athletic, vigilant, focused
  - Responsive, perceptive, doing, speedy, curious
  - Hyper vigilant, tense, jerky, often backwards, messy energy, displaced behaviours

- Dominance: 
  - Fast, calm, aggressive, destructive
  - Slow and deliberate aggressive, destructive
  - Hostile refusping “try and make me”
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- Play: 
  - Destructive rough won’t keep still
  - Pushy dominant
  - Moves slowly lazy resistant makes you work harder
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- Confidence: 
  - Exuberant fast, fun, play loose muscles
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  - Persistent calm planning dependable
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  - Responsive perceptive doing speedy curious
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  - Peaceful connected tranquil

- Fear: 
  - Can’t keep still frenetic running about reactive
  - Hyper vigilant tense, jerky often backwards messy energy displaced behaviours
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  - Can’t move fixed

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- Moves slowly lazy resistant makes you work harder
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- Bonding sensitive connected gentle compliant empathic
- Can’t move fixed

- Other notes: 
  - Can’t listen, can’t think
  - Can’t keep still frenetic running about reactive
  - Can’t move fixed
  - Fixed frozen in fear
  - Frozen in fear

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- Tight muscles, awkward postures, holds breath, invisible

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