

**A lightning guide to core strengths and difficulties – get yourself and others out of the red zone and into green!**

To be truly effective and happy we all need to maximise our green behaviours and have good strategies to cope whenever we find ourselves in the red zone.

**The red zone!**

**1 At your worst, who are you?** Most of us can flip between one or two of these 4 personas, depending on the situation. Read each of them with different contexts in mind.

**2 So what?** If you get 'stuck' behaving in any of these ways it will have a very negative effect on your life.

**3 Get back to 'green'** Try these strategies, but if you find it very hard to manage yourself, consider seeking support from a professional.

**4 Help from pals** Pals can use these tips on how to help if it's friends or family that are heading into the red.



**Forcer**

Bossing others about and taking charge, even when you know it's not helpful! When you feel like this you don't notice what other people want or need.

You are the horse who causes chaos in the herd!

**Impact**

The trouble with being like this is that either you get into fights or people around you feel overwhelmed, hurt or disrespected.

**Self help**

» To avoid damaging relationships, when you find yourself being this way try to find a challenging and fun activity that doesn't involve other people. Wait until you are back in the green before rejoining your group!

**Pals:** avoid getting into a fight with a *Forcer* – instead try to be playful, offer challenges, variety and fun. Up the game and be pleased when they are at all collaborative. Never nag, they will only lose respect for you. *Forcers* love success and recognition.



**Resister**

Resistant, bored, lazy, grumpy and uncooperative. When you feel like this you think everyone else is an idiot!

You're the horse who refuses to move, whilst casually chewing on a bit of grass.

**Impact**

You'll struggle to achieve much if you are like this too often and people can get very fed up – you could end up rather lonely.

**Self help**

» Create a rational reason to get motivated and set yourself rewards for achieving bite-sized chunks.  
 » Take a moment to think about how you could make someone important in your life feel valued – it can be easy to get stuck thinking only about yourself.

**Pals:** you'll have to resist the urge to nag, winge or cajole a *Resister*. Motivate with treats for small achievements but don't plead. Being surprising and funny can sometimes cut through! Be particular but not critical.



**Runaway**

Bothered, fidgety, impulsive and muddled. You are moving and talking fast, maybe nail-biting, losing things and losing the plot! You would be the spooky horse who runs for the hills.

**Impact**

This is so tiring for you and your pals but the drama can be quite addictive. Friends want to help but ultimately run out of steam. At worst you may lash out in fight or flight mode.

**Self help**

» You urgently need to move your feet rather than your mouth! Star jumps, a run, anything to use up the adrenaline.

**Pals:** don't buy into the drama! Stay calm and directive. Help to *Runaways* moving and busy with a clear destination or on a repeating pattern. You'll know when they're calming down as their movements will become less jerky and more rhythmic.

**Flip over for greens**



**Hider**

Worried, quiet and isolated. Trying to disappear.

As a horse you would be the quiet one at the edge of the herd.

**Impact**

You won't get the help you need because you are so good at being invisible. You can get lonely and stuck, feeling unable to move forward.

**Self help**

» You need to retreat from the pressure you are feeling and re-approach a few steps at a time.  
 » Get good at noticing sooner and taking care of your confidence. But don't become an avoid-aholic!

**Pals:** if your friend has fully shut down, all you can do is mirror them and wait. Questioning or consoling is too much pressure. Stick around but turn away with an air of relaxed patience – even looking at a *Hider* can be too much. If you catch them before they fully shut down, a quick smile or a gentle touch can be enough to reassure. Encourage achievable goals.

**Workshops**

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## The green zone

### 5. Who are you at your best?

You may recognise yourself in more than one green area – that is great! The more green personas you can inhabit, the better! We are not set in stone – we are all works in progress...

### 6. What does that mean?

Each green persona has certain innate strengths and challenges... the more you can develop the rounder you will be!

### 7. Develop yourself!

Life gets so much easier if we can access all 4 of these positive personas. Depending on your strengths here are some strategies to help flex your style!



**Experimenter**

Having a laugh, playing the fool and leading the mayhem!

#### Strengths

You are charismatic, inventive and fun, not afraid to make mistakes and this means you learn fast. If you were a horse you would be a circus pony, clever at doing tricks!

#### Challenges

You may sometimes need to rein it in and pay attention to how you affect those around you!

#### Strategies

- » To bring out your *Bonder*, slow yourself down, do less and notice more... watch how people or pets react and see if you can help *them* to feel relaxed and snuggly.
- » To be a good *Doer* you need to become un-distractable, even by your own ideas and hilarity!
- » When the *Planner* within you is needed, try tiring out your body first with a run or a dance!



**Planner**

Deep in study, planning or thought – ticking off tasks, writing reports.

#### Strengths

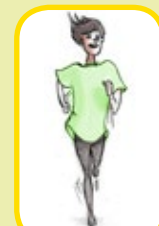
You are realistic, analytical, and meticulous. You can concentrate for long periods and be productive. If you were a horse you would be the ideal family pony - safe and sensible.

#### Challenges

Relationships can suffer if you get over-involved in your tasks.

#### Strategies

- » To shift gear and become a *Doer* you will benefit from a rewards system. Set goals and treats!
- » Your inner *Bonder* is there to make sure you don't get lonely. You'll need to prioritise people over tasks, facts, goals and being right!
- » The difficulty about becoming the *Experimenter* is you have to embrace mistakes!! The reward is admiration when you invent the next big thing.



**Doer**

Busy, busy, getting stuff done – at speed, in the flow.

#### Strengths

You energetically focus on your goals and get a lot done. If you were a horse you would excel at endurance races.

#### Challenges

Burn out is a major risk for you. Remember to pace yourself and take time out. Nurture some quieter friends to help you with this.

#### Strategies

- » You will need to burn off some energy before you can settle down to be the *Planner*. Keep sessions short or you may get distracted.
- » A more inventive route can give you the edge. The shift to *Experimenter* is all about trying new things and being playful. Forget the goal for moment.
- » The *Bonder* in you will save you from burn out. Prioritise quality time – slow down and feel the love.



**Bonder**

Snuggled up with a pet, friend, partner or family.

#### Strengths

You are caring, sensitive and kind. You don't push your opinions on others. If you were a horse you would be brilliant at dressage.

#### Challenges

Doing sometimes takes second place to dreaming or over-thinking. Pushy people may take advantage of your good nature.

#### Strategies

- » Nurturing your inner *Experimenter* will give you the confidence to set good boundaries. Start something new with a trusted group.
- » If *Planning* is tricky stick to very short checklists and bite sized chunks.
- » Set small, manageable goals and celebrate every small step – your inner *Doer* will blossom.

**Flip over for reds**



We are leaders in behaviour interventions. We deliver proven high impact equine-assisted programmes for people struggling with mental health and wellbeing.

We also offer non-horse workshops. If you enjoy this little guide, you'll love our *Non-verbals Toolbox Training*.

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