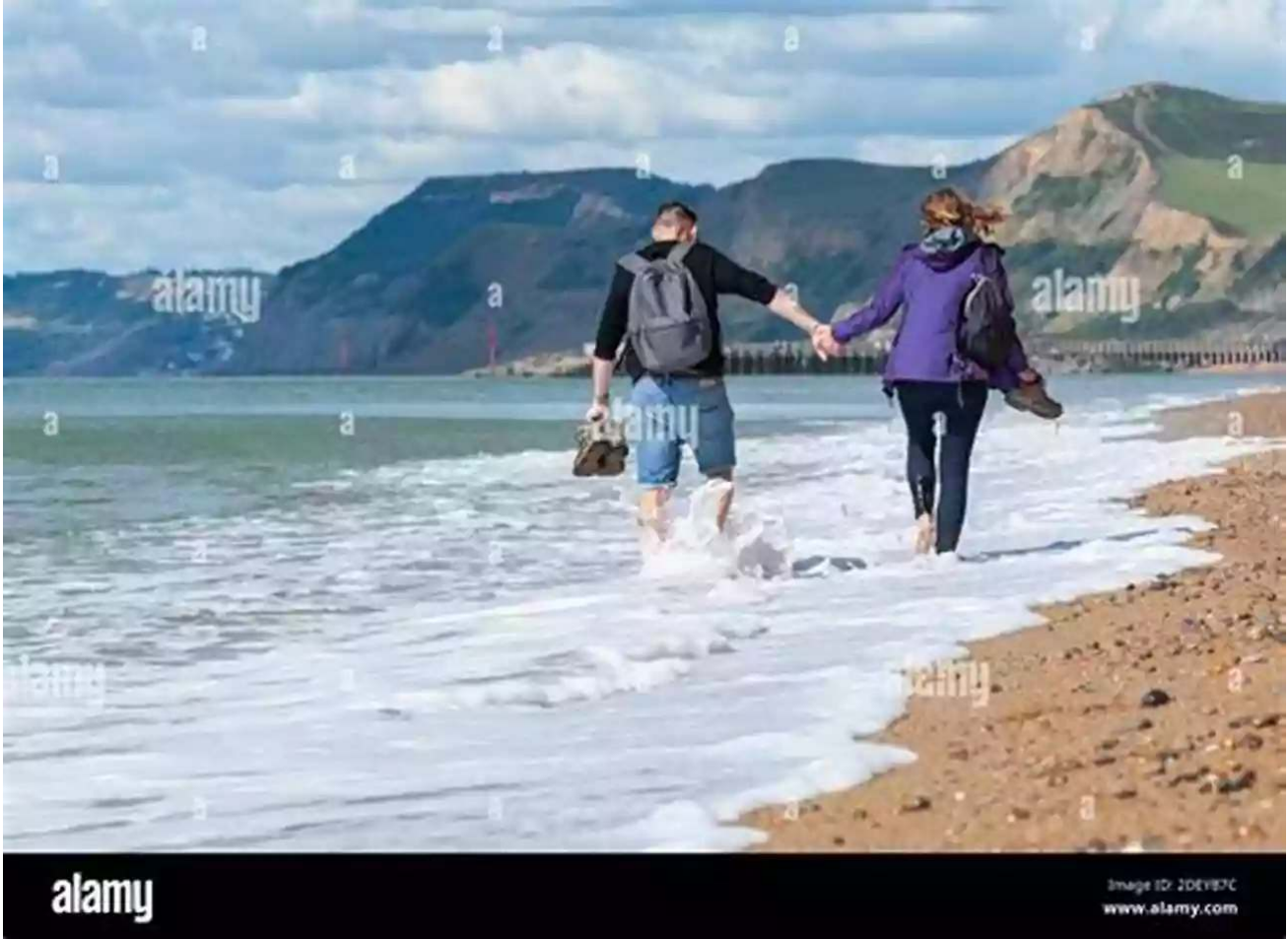


# Going Steady: More Relationship Advice From Your Horse

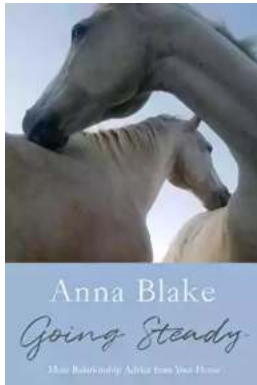


Are you looking for reliable relationship advice? Look no further than your four-legged friend! Horses, with their gentle demeanor and instinctual behavior, can teach us invaluable lessons about creating and maintaining healthy relationships. In this article, we explore the concept of "going steady" and delve further into the domain of relationships with the guidance of your equine companion.

## Understanding the Concept of "Going Steady"

The term "going steady" refers to a phase in a relationship where both partners decide to commit exclusively to each other. It denotes a sense of partnership,

loyalty, and trust. Horses, as social animals, exhibit similar behavior in their herds. They form close bonds with specific individuals, relying on trust and communication to thrive as a unit. By observing and emulating their behavior, we can gain insights into solidifying our own relationships.



## Going Steady: More Relationship Advice from Your Horse by Amy McAuley(Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2925 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 326 pages
Lending	: Enabled



## Earning Trust and Reliability

Trust is the foundation of any healthy relationship. Horses, due to their prey animal instincts, are particularly discerning about whom they trust. To earn their trust, one must be reliable, consistent, and patient. Similarly, humans should strive to establish trust by demonstrating honesty, loyalty, and dependability. Building trust takes time and effort, but once established, it forms an unbreakable bond.

## The Importance of Effective Communication

In the equine world, communication plays a vital role in maintaining harmony and understanding among members of a herd. Horses communicate through body language and subtle cues, allowing them to express their desires, feelings, and

intentions. Humans, too, need to focus on effective communication to nurture their relationships. Active listening, empathy, and clear expression of emotions are key components that lead to successful interactions with our partners.

## **Overcoming Obstacles Together**

Life is filled with obstacles, and no relationship is exempt from them. Horses, when faced with hurdles, exemplify teamwork and perseverance as they work together to navigate challenges. By facing adversity as a team, they strengthen their bond and build trust. In relationships, couples should adopt a similar mindset. Rather than pointing fingers or blaming each other, they should embrace difficulties as opportunities to grow and conquer obstacles together.

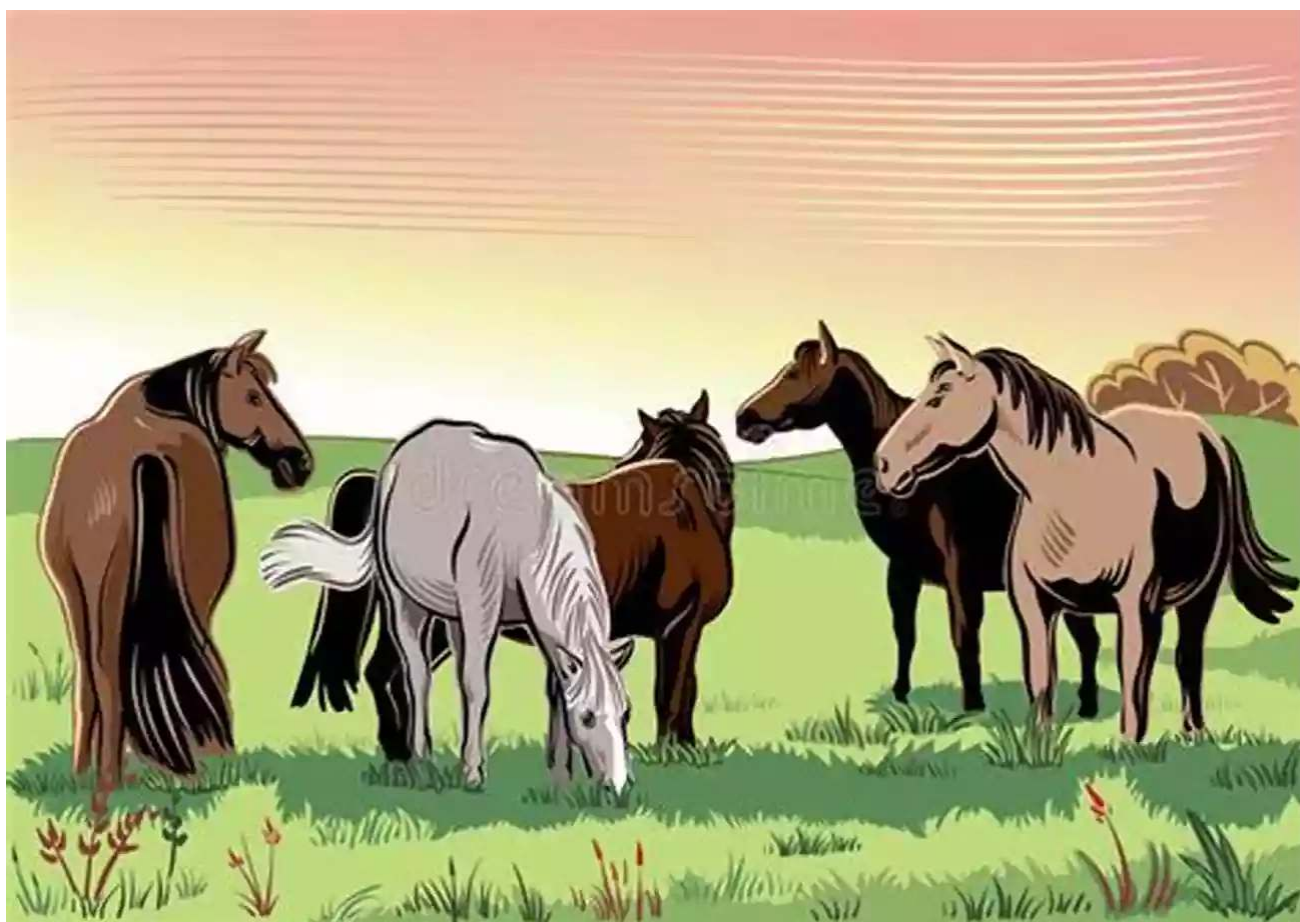
## **Nurturing Emotional Connections**

Horses are incredibly attuned to emotions, sensing even the slightest change in their human counterparts. In the same vein, humans should prioritize nurturing emotional connections with their partners. Expressing love, showing appreciation, and providing emotional support are essential ingredients for a long-lasting relationship. By acknowledging each other's emotions and being responsive, couples can create a strong emotional bond that stands the test of time.

## **Maintaining Freedom and Independence**

While commitment is crucial in a relationship, it is equally important to maintain individual freedom and independence. Horses, even in a herd, value their personal space and autonomy. Couples should encourage each other to pursue their own passions and interests, allowing room for personal growth. By supporting each other's individuality, partners can foster a healthy dynamic while still enjoying the benefits of a committed relationship.

The wisdom and lessons horses offer when it comes to relationships are remarkable. By observing their behaviors and incorporating their techniques into our own lives, we can cultivate and nurture healthy relationships. Remember, going steady is more than just a commitment; it is a promise to be reliable, communicative, supportive, and understanding. So, next time you seek relationship advice, turn to your horse for guidance, and let their wisdom guide you on the path to lasting love.



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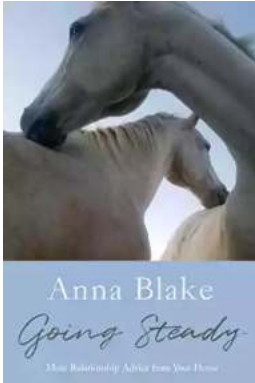
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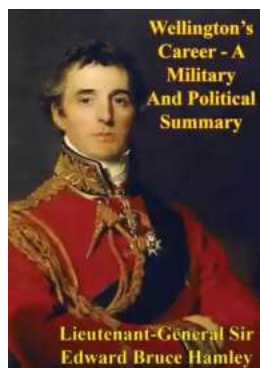


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Going Steady takes up where *Relaxed & Forward, Relationship Advice from Your Horse*, left off. These bite-sized essays on affirmative horse training, rescue stories, and "gray mare" thoughts are geared toward encouraging creative, affirmative partnerships. Blake's writing uses clear descriptions, a joy of storytelling, and some sideways humor to inspire meaningful, positive communication. Sometimes irreverent but always honest and horse-centric: \*What you have to offer is more than enough and your horse is just as magical as he ever was.\* Leadership is a humble service given with kindness. Security exists when both sides truly understand that for trust to exist, there is no place for intimidation. \*In riding, don't be fooled by smoke and lights. Anyone can spur a horse into speed and jerk them to a halt. If you want to know true connection, look for partnership between the movements. Because the art is always in the transition. \*Be the change you want to see in your horse. If he is hot, you cool your body movements. If he is reluctant to walk, you lighten and lift your body movements. Correct yourself. \*Let's redefine leadership as the one who breathes and smiles the most: Let an inhale relax your body, let an exhale leave soft shoulders and a soft belly. Let a smile give you a soft jaw.\* Be seriously patient and your horse will offer his heart. Be seriously grateful and it will change your heart. Most of all, be seriously lighthearted because horses like us that way.\* The

arc of a horse's life (or our own) doesn't look like a golden rainbow. It looks more like the jagged readout of a heart monitor. There are ups and downs in each heartbeat. It's how you can tell we're alive. Relaxed & Forward Training is firmly rooted in the principles of traditional Dressage; training relaxed and forward gaits with responsiveness and balance for the horse and rider. I combine this with a special focus on listening to Calming Signals, the natural language of the horse, for a partnership of understanding, confidence, and pleasure. I take horses and riding very seriously, but I do it with humor and lightness because horses like happy riders.



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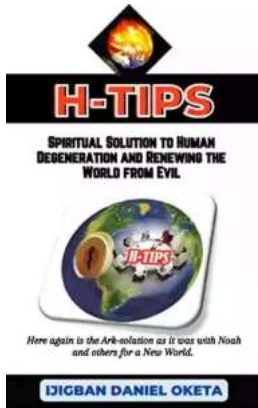
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