



WHAT IS YOUR HORSE'S Personality?

Mathilde Denning introduces us to the personality types she has come across during her work as an animal communicator. Can you recognise your horse?

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Knowing who our horse is - their personality, their dislikes, and what they enjoy - is an amazing tool to truly build a strong relationship. The more we can adapt our ways to our horse's individual personality, the higher the chance of a happy horse.

In my role as an animal communicator it is my job to explain the personality of the pet to their owner. Often, the owner already knows most of the things I am telling them (which I consider great news!), but by putting it into words I am able to highlight

important points that the horse owner may have taken for granted, or known subconsciously. To become aware of it makes a big difference for both the animals and the human.

I get to speak with so many different horses and still I see the same five personalities repeatedly. They differ in their ways of expressing themselves and their degree of balance, and often they are a mix of multiple personality types; but at the very core there will be one of these five personality types that is stronger.

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When I started communicating with horses, I did not think I would find personality types. I believe that every horse is an individual, but I do see repeated patterns and I think that knowing these helps us understand our horses. Each personality type is precious and perfect in itself and can vary in degree of balance. The more balanced a personality is, the more well-functioning it is. When it is less balanced we often experience more trouble with the animal, and it can lead to physical and emotional disturbances.

Ready to see if you can recognise your own horse?

Type 1: The Giver



The first personality type is the kind of horse who always tries to help and give to others. They can give happiness, support, or healing. They might find it difficult to receive help, treatments, and love, because they are busy giving to others. They are eager to please, and have a lot of try in them. They are often quite easy to train and handle, but can be a bit dependent on guidance. They are very loyal and often create very strong bonds with other beings.

This personality type needs to learn to trust and believe in themselves. I often talk with this personality type when they are depleted of energy and initiative.

Type 2: The Teacher

This personality type represents the kind of horse who has a very strong opinion as well as lots of energy and initiative. They are often very clear in their communication and know exactly what they like and dislike. They are often easy to read as they are not subtle when communicating with us. As well as being excellent teachers for us, they are keen to learn new things themselves - they enjoy challenges, adventures, change, and new things. They are usually confident and independent. They give 100% of themselves always and have a great work ethic.

Often, they have such strong opinions and so much energy that it can be difficult to keep up with them. The teacher needs to learn to make good compromises so both we and they get what we like out of it. Most importantly, we need to put ourselves in the student's seat with this type of personality and accept and receive their knowledge! I often talk with this personality type when the owner feels completely powerless and out of control.



Type 3: The Sensitive



This personality type is always very sensitive, aware, and observant. They can easily feel people's intentions, and they learn very quickly. There is a tendency for this personality type to get overstimulated and need a break from everything, and often they can only concentrate for shorter periods of time. They create very strong bonds with their owner or with other animals, and they like to stay in their comfort zone. This personality type is very intelligent and they often enjoy challenges. They are clear in their communication, and you always know what they feel.

Their main challenges are that when they feel overstimulated - which can happen very fast - their instincts take over, it is difficult to keep in contact with them, they can't learn anything new, and they have a tendency of getting scared and overreacting. They don't feel safe in themselves. This can lead to chronic stress and difficulty relaxing, which makes their body tense. They feel everything more intensely and therefore needs support and guidance. I often speak with this personality type when the horse is stressed and appearing to overreact to everything.

Type 4: The Buddha

This personality type is always very pleasant to speak with, as they are very laid-back, relaxed, and they love life. They love when everything is peaceful and in harmony around them, and they always seek balance in their life and in themselves. They are very content with life, and they are good at taking care of themselves. They don't have much expectations of others because they can and will provide for themselves. They are very grounded, often confident, and gentle with others. They have a bit of a wisdom and calmness about them that both human and animals are attracted to, and they are very pleasant to be with.

Their biggest challenges are that they are not very expressive, and often they seem very neutral about everything. They don't show extreme emotions. Therefore, it is challenging to read this kind of horse. They also rely so much on themselves that it can be difficult to get them to trust us, and to actually build a strong bond with us. I often talk with this personality type when the owner feels lost in how to read this personality's response.



Type 5: The Self-Doubter



This personality type is the most anxious and insecure of them all. They are naturally skeptical about the world, and often feel like they are in dangerous situations. Within their comfort zone they are very loving, caring, and loyal. They create very strong attachments to their owner, other animals, and their home. They like routines and they feel best in their safe zone. When feeling comfortable they are very pleasing and gentle, and they love to spend endless amount of time with their favourite human.

Their biggest issue is about feeling safe in the world. Often, they stay within their comfort zone and they find trustworthy individuals to lean against; but they need to find their own strength, identity, and passions. They can find it difficult to find deep peace from within and always seem ready to react to anything. So, instilling confidence is key to help this personality feel grounded and protected. I often speak to this personality type when the horse appears scared of everything and has a very small comfort zone. 🐾