4   **DAY 4 | Mindset and Cause**
Every horse has a story, for example, that he's spooky, lazy or horse shy. However, the only way to create a positive new story, is to work in the moment. And not think of what happened yesterday or what might happen tomorrow.

4.1 It's important to be aware of your horse's story before we can write a new story. Write down the answers to the questions below for more awareness:

1. What do you think your horse's story is? Does he have a reason why he has a problem?

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2. Do you believe this story can be changed, in extent, his problem can be solved?

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3. Look at your answer to the first question. Did you describe the symptoms or the cause?

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4.2 Instead of focusing on the outcome or the symptoms, we want to focus on what's causing certain behaviour. There are four elements of pressure you need to be aware of to find the cause:
1. Touch
2. Sound
3. Movement
4. Approach

Write down the answers to the questions below for more awareness:

1. Look back at your answer to the first questions. Which of the four pressures are causing the symptoms? If your horse doesn't have a problem, then which of the pressures make him the most insecure?

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2. And around which of the four pressures do you think your horse is the most confident?

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