Eponaquest CLIENT HANDOUT

Authentic Community Building Agreements

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Eponaquest Values:

Congruency over conformity.

Authenticity over perfection.

Adaptability and Inquisitiveness over methodology

Authentic Community Building Agreements PART 1

1. Maintain confidentiality.
2. Resist the temptation to "fix" people, horses, and uncomfortable situations.
3. Read "misbehavior" as a form of communication, recognizing the learning edge of others.
4. Demonstrate sensitivity, flexibility and responsiveness to personal space and boundaries, yours and those of others -- people and horses.
5. Create a psychological container of support, holding the "sacred space of possibility" as a fully engaged form of patience.
6. Refrain from using others' vulnerabilities against them.

Authentic Community Building Agreements PART 2

7. Use emotion as information, communicating the information behind the emotion to avoid shaming others in the name of "authenticity."

8. Sit in uncomfortable emotions without panicking, recognizing that emotions can be contagious.

9. Focus on the present. Notice which emotions belong to the current situation and which belong to the past, including projection and transference.

10. Pay attention to the dynamics of shared emotion: affect contagion, empathy and emotional resonance.

11. Distinguish between instructive personal feelings and conditioned (False Self) emotional patterns.

12. Activate the Authentic Self, thus enabling innovative solutions.