

The GLE Observation Method

Notice before you interpret. Describe before you decide. One page.

The three dimensions

- **Posture** (relaxed or tense): the whole body's tone.
- **Movement** (free or stiff): how the body travels.
- **Expression** (soft or guarded): ears, eyes, muzzle.

Then, afterward, only one question per dimension: **same or different?** Change is the signal.

The language we use

- **"I'm noticing..."** We state observations, never interpretations.
- **Notice, observe, wonder.** Our learning verbs. We avoid analyze, judge, and diagnose.
- **"Guarded," not "grumpy."** We describe what the body shows, not the story we assume.
- **Baseline first.** We learn what is normal for this horse, then normal to monitor to report.

The stance

Observe to Report to Support , never **Diagnose to Decide to Treat.**

The spirit, in one line: *you don't need to be right, just notice.*