*TRIGGER STACKING*

It's going to sound crazy, take a month-long break from the great outdoors. A whole month, except as absolutely necessary (potty, vet visit, grooming). Once a dog is over threshold, the emotional/arousal needs to be addressed, before we can start training because cortisol actively inhibits learning.

It's takes at least 3 days (72 Hours) after a stressful event for cortisol (stress hormone) to leave the body. That's if during those 3 days nothing stressful happens.

If a dog continues to be exposed to stress, it never goes down. Cortisol is great in a crisis, but long-term exposure prevents healing, development & growth; it prevents proper digestion; it suppresses the immune system & causes adrenal fatigue. Most importantly, stress makes dogs very tired, but cortisol inhibits proper rest.

The dog needs to decompress 100%, before going forward. That's why the dog is set off by such an array of stimuli - it's not recovering between episodes over threshold, and it becomes very similar to trigger stacking, but over a period of time.

There are lots of ways to enrich and train your dog indoors, that will go a long way to preparing them for going outdoors.