

Need More Help?

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Dealing with Fear

Restoring Confidence in your dog!





What is Fear?

Fear is defined as an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Dogs show fear in numerous ways including reactivity and aggression. For many dogs and owners, fear can be almost debilitating.

Labels

Many people label their dog as aggressive, anxious, or reactive. These labels can be destructive to your relationship with your dog. Instead, try to find the root or cause of these labels and start working to change the view held by you and your dog.

"Let your faith be bigger than your fear."

-unknown

What does fear look like?

Is he lunging or barking at another dog? Is he on leash or off when these actions occur? Is he growling when you get too close to a toy or his food? Does he run and hide, cower or pee when he sees a man, woman or object? Is the person wearing a hat, have a beard, or is this person loud or going right at your dog's face? Dogs have fight or flight instincts; therefore, if they cannot run away, they will fight. It's up to us to be aware and help them alter their response to these stimuli.

HOW?

The thing to remember first and foremost, is that we must make the stimuli either a non-event or a fun and happy experience for our dog.

How do we do that?

The simple answer... Time, Patience, Optimism and Confidence.

Create a Confident Pup:

It starts with you. You must be willing to show your dog that you have faith in him and that you are confident that you two can be a great team. How do we start?

1. Create opportunities for success
2. Make training FUN
3. Work on Focus on YOU
4. Train alternate behaviors
5. Think about what you WANT your dog to do in a situation and work towards that
6. DO praise your dog for the things he does right
7. DON'T focus on what he's doing wrong

The next steps:

Call me now! Let me help you and your dog learn how to be confident optimists! Let's play some great team building games and learn how to overcome the obstacles fear is throwing in your path. Let your faith in you and your dog's abilities lead you down a better path together.