**Dog-person mind training**

When we talk about training our brain there is not a one plan for training fits everyone. We wonder why we read about or know people that can put them selves into a meditative trance and ignore pain to the point of being awake during minor surgery, or no matter what happens there are people that bounce right back. Is there a way we can all live with that pain free, anxiety free, happy resilience? I believe there is but you need to find the best training plan for you.

Maybe meditation or exercise is a wonder drug but there is not just one way to access the benefits. I believe that this is a fun way of thinking of the differences in people by comparing our personality types to dogs. Here are six different groups of dogs, are you able to relate to any of them?

**There is the sporting group.**

 These are your retrievers, pointers and setters. They are the dogs that want to be a companion and they desire to please and be loved. This dog responds to kind words and are very sad if they disappoint you. They work hard and use instinct BUT THEY MUST HAVE exercise, a lot of exercise! I believe if we are the type that love to be loved and find we just know what’s right for us plus we like to work we may be a hunting breed. I am a retriever I need to move and if I go a couple days not being outside no matter the weather, I am crabby. My mind relaxes when I am in nature and moving. I don’t have to be walking on a beach I can be carrying fire wood I need to be outside moving. So when I meditate a walking meditation works much better than sitting.

**The hound Group**

This group is intelligent but has its own focus and run off on a trail that only they can see or hear. These people are the ones that follow their own drum. They need reward -based training. A hound Brain is trained by instant gratification. I have found if I am working with this type it is a wonderful choice to take a canning jar and decorate it with something they want. When they lose a pound or don’t smoke for a week a golden dollar gets put in the jar to move them closer to something, they desire but it can’t be too far in the future.

**The working group**

These dogs are big and have a great deal of strength. They were bred for strength and stamina. They are very are strong willed and energetic. Siberian Sled dogs, Saint Bernards, Rottweilers, Dobermans are all part of this group. If you have this type of brain you really need to train it as early as possible. This dog or brain responds to firm, fair and **CONSISTANT** training. People with a very strong imagination may find themselves creating the life they desire or have anxiety because they imagine everything they don’t want. It is a good idea to train your brain by being very aware of your thoughts and when a thought that moves you away from your desired life you say stop and change your thoughts to what you do desire. This brain will respond to the rubber band trick where you snap a rubber band on your wrist when you think things that are hurtful to your plan and change the band to the other hand.

**The Terrier Group**

Terriers are feisty and energetic dogs and don’t have a lot of tolerance for other dogs or animals in general. They were bred to kill rodents and they are always ready to go. One of my dogs was a Sky Terrier and he was tough and had a mind of his own but he was smart, loyal and always fun. Terriers have a mind of their own they are very independent and don’t respond to the snap and release training. If fact that will soon have them walking with their head down and their tail between their legs. If you give them a varied routine they will be happy and if you notice your brain has this independent streak you need to use reason with your brain. Your terrier wants whatever they do to benefit them as much as it does their person. Your subconscious mind is 90% of your brain and it doesn’t want to give anything up so before it will you must convince it that there is a benefit for it to do so. We all know with that 10% conscious mind that eating veggies is better for us than sugar but before you are able to give up the sugar you need a something that is better. This is the same for any habit you want to let go of. When you find your why and it feels bigger than your habit you can let it go. If you have a Terrier brain you can use reason to give yourself 30 days to see if you feel better before you make a choice. NEVER tell a Terrier Brain you have to do something!

**The Toy Group**

This group of dogs are small and often not trained as well for the simple reason that they are not as annoying as a big dog. If a Yorkie jumps on you it isn’t as obvious as a Saint Bernard. These dogs are really the frosting on the cake. They don’t need a lot of exercise but they do want to cuddle. If this is your brain perhaps you don’t have too many bad habits and life moves pretty easy as long as you have someone to tell you are special and cuddle you. Your brain needs to be trained as much as anyone else because you are just as irritating as the rest of us when you bark when everything is not going your way. You need to be consistent when training this dog or your brain. One way to train this small dog is to demand they need to do a command before they get what they want like sitting on the furniture. The same holds true for your brain because habits large or small are still irritating if it moves you away from your desired life. You don’t have to sit before you get on the couch but perhaps you make a rule you much be seated at the kitchen table before you eat anything. That is a great training for mindless eating.

**The Herding Group**

All herders want to control the movement of other animals. If you have children rather than cows this dog will herd them. Of course, the first dog you think of in this group is Lassie the collie or a sheepdog. They can trade jobs like the German Shepherd did from herding cows to becoming a police dog. The dog or this type of brain needs a firm hand and to be guided. This is a very intelligent brain and needs to create good habits so it doesn’t lose control and follow what it desires at the moment. Just as a dog follows the cows and herds them people follow a group of people. The herding group responds to reward- based training. That could be food but it could be chasing a ball. People could like reward- based training too this should not me food based but could be if I do this then I can go for a walk, read, do a craft check Pinterest etc.

What group do you find your brain type part of or perhaps you are a mutt like me and find myself in the both the retriever and terrier groups. Think about the training ideas for your groups because each of us are responsible to train our brain so we are able to create the life that make us the happiest and most fulfilled.

One sure thing is every breed of dog and every brain benefits from love and attention, we all need socialization and regular exercise and our brains like consistency that is why we create habits.