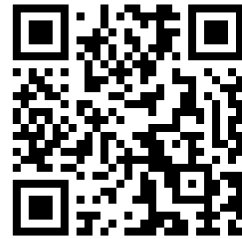




READY TO GO? BEGIN YOUR TRAINING  
WITH THE 10 STEPS OF "DOOR IS A BORE"  
YOU CAN FIND A STEP BY STEP GUIDE AT:



**Next:** Once door is a bore is complete you will begin with micro exposures to alone time, at this stage it's best to consult with a specialist for them to write you a tailor made training plan and guide you through the intricacies of sub threshold training.

### WHAT SHOULD I DO IF MY DOG HAS SA?

The first most important step is to ensure your dog is **NEVER** left alone outside of your training sessions, understandably this can be the most difficult step for guardians to take but it really is imperative. This can be achieved by utilising: Pet sitters, dog day care, dog walkers, friends, family and neighbours.

You will also need a way to monitor your dog during training, it is recommended you use pet cameras for this and not your mobile phone as you will need your mobile with you to watch in real time.

### FOR MORE INFORMATION

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# HELP! I THINK MY DOG HAS SEPARATION ANXIETY



## SEPARATION ANXIETY

VS

## SEPARATION FRUSTRATION

While both can manifest in similar behaviours, separation anxiety and separation frustration are distinctly different emotional states in dogs.



### SEPARATION FRUSTRATION

**Root Cause:** Boredom or lack of stimulation.  
**Behaviour:** May include barking, whining, chewing, or destructive behaviour. The dog may fall asleep eventually, wake and begin again.

**Motivation:** The dog seeks attention, activity, or mental stimulation.

**Solution:** Ensure your dog is getting the correct enrichment every day. Provide engaging toys, puzzles, or appropriate chew toys.

### SEPARATION ANXIETY

**Root Cause:** Fear or stress when separated from their guardians.

**Behaviour:** Excessive barking, howling, destructive behaviour, pacing, loss of appetite, accidents in the house. The dog will never tire or rest.

**Motivation:** The dog feels anxious and insecure when alone.

**Solution:** Gradual desensitisation, training, and potentially medication prescribed by a veterinarian. Consult a professional dog trainer or behaviourist for tailored advice.

## A DOG WITH SEPARATION ANXIETY COULD HAVE ONE OF TWO TYPES:

Standard separation anxiety where they cannot be alone without a human present

OR

Hyper attachment where they can never be without one specific human

Because separation anxiety is such a complex condition it is important to consult with an appropriately qualified specialist rather than a general dog trainer to accurately diagnose the root cause of your dog's behaviour and develop an appropriate treatment plan.

