

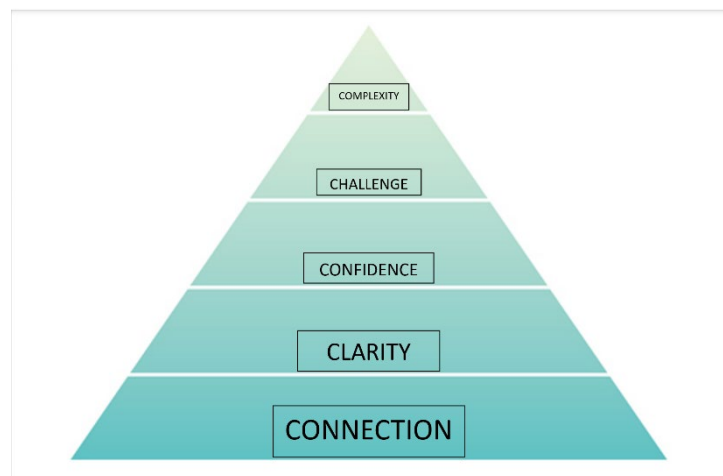
Your dog is doing the best they can with the training you've given them. Their best is not going to be the same every day. It's ok to be frustrated. But know that the more outwardly frustrated and upset you are with your dog, the less clear your communication is and the more it may seem like your dog doesn't want to listen. They may show behaviors such as not looking at you or lowering their head/body. They may be stiff or have their tail between their legs. They may flick their tongue/lick their lips. What you want to do in this instance is stop what you are asking them to do and have some time to let go. Grab a toy and play ball or tug. Play find it with treats. Take a deep breath. Then **calmly** ask them to do something they know like "sit" or "focus" or play the Up/Down game.

Dogs do not share naturally. They are possessive beings. If you want each of your dogs to have their own toys, they need to get the item in separate locations. When the dogs are together the toys need to be put up and away. It's ok if your dog always wants the toy the other one has unless it is causing major fights. Dogs typically want to put as little energy into protecting a resource as they can. If one dog snaps or lets out a growl at the other dog, try to let them work it out first and then step in if needed.

The more confident you are, the more confident your dog will be. **YOU** have to be confident first! If they sense that you are anxious or uncertain about a situation, they will most likely be more cautious/anxious/frightened/uncertain/etc. about a situation.

How aroused is your dog? 3 states with the middle being the optimal zone.

1. Very distracted, noticing everything in their environment. Can't seem to focus on one thing for longer than 5 seconds.
2. Offering engagement. They want to work. They will play with a toy with you. May look at something else but come back to you. This is what you want! Everything else fades into the background.
3. Zoned in on one thing and you can't get their attention off it. May be barking, lunging, wanting to chase something, staring at something, etc.



How to get my dog to just relax

Don't teach 'relaxed' when they are in a hyper state. Not going to learn how to be calm when in a high arousal state.

- Stationing on a mat! A trigger for your dog to say "ok, I'll just relax here"
- Voice, calm and confident.
- Long strokes down their back not fast and quick.
- Bring it out around calm times
- Calmly reward them for being chill. Bring it to them, don't have to look at them, don't make it be a huge party. If they get up when you are bringing them the treat, don't give it to them. We want them to understand that they will get the reward for being calm.

