

# Confident on lead

Start your dog on their journey from reactive to **resilient**



Firstly, you need to understand arousal and how it influences our dog's behaviour...

Using the “**dog behaviour thermometer**” analogy, when your dog is reacting they are likely to be at an orange or red temperature. Sadly, this means that they are unresponsive to you and unable to learn. This can be caused by a single trigger, but is often caused by events over time (“**trigger stacking**”). Keep triggers to a minimum and work with your dog in the yellow or green zone to apply the below exercises.

## Dog behaviour thermometer

How is your dog feeling?

### Red

Unable to process information  
“Fight or flight” mode

### Orange

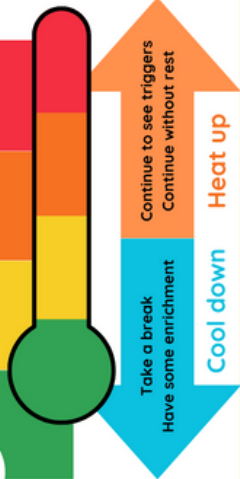
Very distracted  
Forgetting known behaviours

### Yellow

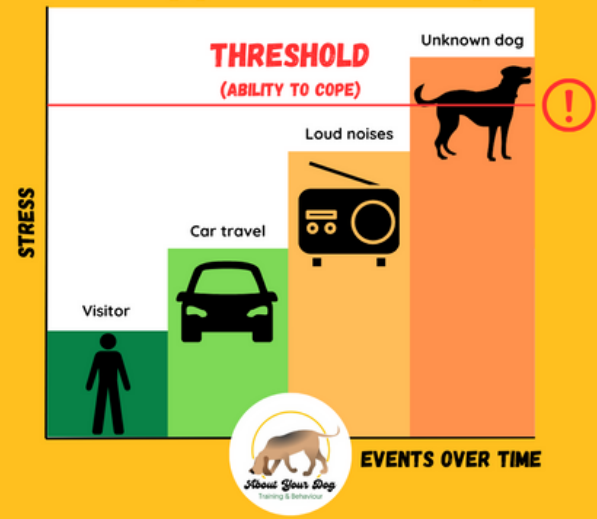
Aware of changes around them  
Still able to engage and learn

### Green

Relaxed  
Able to learn



## Trigger Stacking



## Engage/Disengage

Teach your dog not to fixate, instead to look back at you in response to noticing their trigger.

- When your dog notices their trigger cue their name to ask them to look away (**TIP:** If they cannot, you are too close!)
- Reward them for looking back at you
- Repeat enough times that the look away (disengage) is faster and more reliable
- As the behaviour becomes swifter you can slowly work closer to a trigger

## “This way”

Be ready to exit swiftly with a cue that asks your dog to change direction.

- Apply gentle pressure on the lead in the direction you wish to travel and excitedly cue “this way”
- When the dog moves with you reward them
- Practice a large distance away from triggers first before trying closer

Equipment is important! Keep yourself and your dog safe with a well-fitting collar and harness.

