When our dogs are frazzled

“Your dog is not giving you a hard time. Your dog is HAVING a hard time”

Sometimes, just reframing how we look at the struggles with our dogs, helps us breathe a little easier and understand the importance of patience while we find solutions to your struggles. So when your dog is frazzled, please repeat that quote several times to yourself.

Scientifically we know that the [Alpha theory has been debunked.](https://www.whole-dog-journal.com/behavior/debunking-the-alpha-dog-theory/) Your dog (s) is not trying to be in charge, dominant, stubborn or mean. Your dog IS however, expressing his frustration with the world in a way that can’t be ignored in hopes that we will do something to help them feel better.

Remember also that dogs just do what they’ve always done. Even though the behavior is not one we prefer, and perhaps we have scolded them for the behavior in the past, the behavior has gotten results for your dog in the past (the other dogs or people went away because of their aggressive display for example) and so dogs just do what they’ve always done!

Our mission, yours and the trainers at Angels in the Making, will be to teach your dog new skills that help them react differently in the same situation. We will be reshaping their brain and giving them new tools, they haven’t learned before. We will be building on personality traits that are lacking such as confidence, tolerance of frustration, ability to be calm, disengagement and so on. By building these concepts, we can start to build long lasting change in their behavior. This document is being sent to you so that before we have our first behavior consultation, you can be empowered with “Things to do now” to get the ball rolling. These tips and ideas are proven to make a difference scientifically. Some of them will take a leap of faith by you, but we want you to trust that they will work. If you have ANY concerns or questions about any of the ideas, please email us so we can discuss them at info@angelsinthemaking.com Communication between us, as we reshape your dog's brain to develop behaviors, we DO want them to do, is key to our success. Your success. Our success, and most importantly, your dog's success.

**Training tip #1: Ditch the Bowl-** get your dog working for his food. Not eating out of a bowl or free feeding at their leisure does a few things for your dogs benefit

* Takes their mind off the current worries and problems and gives them something else to focus on which builds confidence and focus
* It teaches them to interact with their world in a different way
* It’s relationship building because, while they are ditching the bowl, you are cheering them on for being brave and figuring things out on their own.
* Here is a video on many different Ditch the Bowl ideas: [**https://youtu.be/KCt7qqQ647Q**](https://youtu.be/KCt7qqQ647Q)

DITCH THE BOWL IS ALWAYS SUPERVISED-TAKE THE ITEM AWAY WHEN THE MEAL IS COMPLETE.

**Training Tip #2: Tired Toddler syndrome** [read this handout](https://d.docs.live.net/eb52d3917a6410d1/Generic%20Invoice/Documents/Tired%20Toddler%20Handout.docx) to understand that exercise is likely the last thing your dog needs to calm his fears.

**Training Tip #3: Stop the walks.** Please stop all outings and walks for your dogs. Keep them home, let them decompress from what they are going through. Not forever, just for now. Keep them home.

**Training Tip #4: Calmness is king.** Read the attached [e-book on Calmness](file:///C%3A%5CUsers%5COwner%5CDownloads%5CCalmness_eBook_11_eBookWeek.pdf) by Absolute Dogs to discover why calmness is important, what a “full bucket” is and does and how emptying the bucket can help with lowering arousal levels which will stop your dog from feeling the need to “Yell at the world” This e-book will empower you with strategies to help you put water on the fire in your dog’s brain that is causing the behaviors.

This is only the beginning. It’s the beginning of a conversation with your dog that you understand, you want to help and that you believe in finding that Angel within. We can’t wait to meet you and your dog and to take this conversation to the next level to real life transformation.

Until then, here’s to being a game changer! Here’s to trying something new because what you have tried hasn’t worked! Here’s to believing in our process and being part of the solution to a better-behaved dog.

Remember- “Your dog is not giving you a hard time. Your dog is HAVING a hard time”

Game on!

The Angels Team