

# The Seven Biggest Dog Behavior Problems

NO ONE TALKS ABOUT:

And How to Solve Them

**TWO FREE CHAPTERS OF THE  
RESPONSE REVOLUTION  
DOG TRAINING SYSTEM**

THE REVOLUTION  BEGINS

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*From the desk of Lauren Schwaar, April 13<sup>th</sup>, 2009 –*

Greetings, and congratulations on finding this resource. In this ebook, you now have access to two of the chapters in one of the Response Revolution Dog Training System modules.

The Response Revolution Dog Training System is, in essence, an “Obedience-creating system”. With the Response Revolution course, every dog owner is capable of transforming their dog into a well-behaved, well-mannered canine.

WARNING: The Response Revolution system is capable of turning your dog into the pride of the neighborhood. This can sometimes be a dangerous situation for both you and your dog. If you notice these signs:

1. People commenting about how wonderful your dog is
2. Your dog receiving secret-admirer cards in the mail
3. Your dog suddenly gaining the respect of even the crabby neighbor down the street

BEWARE. You've achieved complete satisfaction in your dog's obedience and response to you.

(Thanks to those two of you who laughed at my corny jokes.) Here's what to do now: read this ebook and apply the strategies to your dog's training.

If you're interested in completely transforming your dog's obedience and response, I would suggest checking to see if the Response Revolution course is available. (I am only letting 800 people get access right now – period – so as you're reading this letter, the course might no longer be available.) If you're interested, click the link at the end of this ebook and you'll be able to see if you can still grab a copy of [Response Revolution](#).

If you find that Response Revolution is no longer available, bookmark the page and **DON'T TELL ANY OF YOUR FRIENDS** about it. I might re-release the course in the near future for a *very* limited time.

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To your dog training,

-Lauren

## Response Revolution Preview

### Chapter 2: Behavior and Personality

#### How to Build a Dog's Confidence

Building a dog's confidence is important. A confident dog doesn't feel the need to behave aggressively or nervously. Instead, a confident dog goes out into the world with an open and curious nature. He is confident in himself and he is also confident that you are in charge and know what you're doing. Dogs with crippled confidence can be a danger to themselves, other dogs, and even to people. Here are some ideas to frame your confidence building strategies around.

**1. Take charge.** Your dog needs to know that whatever happens you are in charge, not him. Your dog doesn't want this responsibility and you should not burden him with it. This single step of building confidence goes a long way in causing shy, fearful, and even aggressive dogs to become calm and happy. A dog that knows without a doubt that he is not running the show is free to feel confident and content without worries.

**2. Be consistent.** Your dog needs to figure out how his world works. You are in charge of

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when and what he eats, where he goes and who and what he is exposed to. Your consistency, or lack thereof, will absolutely play into the dog's confidence concerning just about everything in his world. The more consistent you are, the more quickly he'll figure it out and gain confidence.

**3. Have patience.** Don't judge your dog's training progress by comparing him to other dogs. Realize that your dog is one of a kind, with a unique personality and ability to learn. Age and breed standard only go so far in predicting what your dog is capable of, and how they will go about things. Realize your dog's unique personality is what makes him such a great companion. Never lose your temper with the dog. A single episode of losing your patience and taking it out on the dog verbally or physically can severely undermine his confidence. Punish the dog with patience and consistency to ensure proper behavior as well as confidence.

**4. Commit to training.** Training absolutely builds confidence. Whether it is learning tricks or practicing skills that he was bred to use, training is an absolutely necessary component of building up a dog's confidence. When there is proper training, the dog doesn't have to question what he should or should not do. He has been trained to know what to do and this relieves him of anxiety and fear over doing the wrong thing.

### **Helping the Dog Become Less Dependent on You.**

The key to instilling a bit of independence in your pup is to give him some challenges and some responsibility. It may sound funny to talk about giving dog responsibilities, but it can be

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very helpful. From a young age, train the dog to tell you when he needs out. Enforce the idea that you're not going to ask every five minutes. It is *his* responsibility to let you know. On off-leash excursions, teach the dog to keep up with you. While being mindful of the safety of the dog and those around you, adopt an attitude that you expect the dog to keep up with you, and that you're not going to back track or chase down the dog every few minutes. If you don't teach your dog that it's his responsibility to keep up with you, he will train you to not be able to take your eyes off him or constantly be calling for him or chasing him down when in off-leash places. Teach your dog to happily enjoy his sniffing and exploring, while staying with you at the same time.

Challenges simply work to occupy the dog. An occupied dog is one that is not needy and seeking attention. Always be on the lookout for ways to help your dog learn new habits and always keep training in mind while having fun with your dog. Make sure you use training and toys to keep your dog challenged and occupied.

## **Helping Your Dog to Not Fear Thunder Storms**

The best way to work through a dog's fear of thunder is to desensitize them to the sound of it. Ideally, when a dog is young he will be taken out on a pleasant walk during a thunder storm. He will realize there is nothing to fear and go about his business. If your dog is an adult that wasn't properly introduced to thunder noise, things may be a little trickier, but you can still train your dog not to be afraid of thunder.

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Consider buying a CD of thunder noises. While you're at home and can control the environment, play the CD and assure your dog that all is just fine and he has nothing to worry about or fear. If your dog knows that you're okay with the sound of thunder, he will eventually be okay with it too. Use positive reinforcement when the dog remains calm while the CD is playing. Practice this exercise consistently until the dog is comfortable in the house during a real thunder storm.

If the dog is very afraid of thunder and you know you won't be home during a storm, it is best to enclose the dog in a safe crate. This will keep the dog safe and your home in one piece. Dogs that are afraid of and severely anxious about the thunder often literally chew through walls during this high anxiety time. This is messy, expensive and very dangerous for the dog, so do not underestimate the damage a scared dog can inflict on himself and your home.

### **How to Help Relieve Your Dog of Fear of Travel**

Fear of travel is common for many dogs. Just like confidence building and dealing with fear of thunder, the best remedy for this problem is prevention. When your dog is young make sure you take him in the car frequently. Also make sure to take him fun places in the car, not just the vet or to the groomers, places he probably isn't thrilled to go and may begin to associate with car rides. You want your pup to have a positive association with travel.

If your adult dog is afraid to ride in the car you must slowly use positive reinforcement to ease his fears. Use treats or special toys, as well as fun destinations, to show them that getting in

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the car is both fun and advantageous. This will take time and repetition, but short of wrestling the dog into the car it's really the only option. Some dogs may feel more secure in a very snug crate while traveling. It's also a good idea to make sure there isn't a reason, such as car sickness, that the dog doesn't want to go in the car. There are natural over the counter remedies for doggy car sickness, if this is the case. If you can, you may want to ask someone else to drive on the first few outings, so you can concentrate on speaking soothing words to your dog while you travel. Keep the first few car trips short and gradually extend the amount of traveling until the dog is comfortable enough to take even long car trips.

### **How to Settle Your Dog's Temperament/Hyperactivity**

Most breeds of today have been developed from athletic sporting or working dogs. They have large amounts of energy that must be expended as it builds up. For some breeds, such as herder-inclined and retrieval-inclined dogs (Collies, Border Collies, Labradors, etc.) natural high energy becomes revved up several notches to hyperactivity. Hyperactivity can include pacing, whining, running, and chewing their way through the house. Hyperactive dogs may dig holes in the yard or engage in other destructive behavior.

The best way to deal with hyperactivity is with exercise. Again, the goal is to allow the dog to expend the pent-up energy. If you're a runner, take the dog along on your run to help him work out the excessive energy. If your physical activity level is such that you simply can't keep up with a hyperactive dog, and this is most people, find an activity that double or triples

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the dog's activity while yours stays less intense. For an example, find a field, beach or trails where the dog can run off leash. Walk at a moderate pace while throwing a ball for the dog to continuously run to. If you have a small strip to throw a ball a distance, you can even stay in one place and throw the ball for the dog to fetch and bring back to you. Even a twenty minute walk can do the trick if the dog is running the entire time. Consider letting your dog swim out his energy if you live close to water. A friend of mine with a very hyper Labrador would ride his bike and have the dog run behind him. This generally wore the dog out in a short amount of time.

In addition to physical exercise, make sure to set aside a quiet area for the dog. If you have young kids or just a very hectic household, make sure the dog has a corner or bed to lie in where he can relax and be calm. Dogs feed off of chaotic energy so deal with the dog in a calm and consistent manner. Don't ever allow your large-breed to run and romp in the house with the children. This type of play can quickly escalate to chaos. If the dog gets too excited, accidents will most likely quickly follow. If you do rough-house with your dog, be sure you help him understand that type of play is for very distinct set time periods and not for all the time. Make sure you set a defined "stop time" for him and he understands whatever signal or command you use to determine that type of playtime is over.

If your dog seems hyped up about something, and you can't possibly exercise him right then, it may be a good time to do something soothing, such as brush him and talk to him or have him lie down for a belly rub that he loves so much. Playing soothing music in the house can

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help too.

If all else fails, there are doggy calming remedies available at pet stores. Most of these supplements are herbal and inexpensive and won't harm your dog in any way. If you aren't opposed to using drugs for your dog, you can talk to your veterinarian about other medication for hyperactive dogs.

### **Dealing with the Emotional Baggage of Rescued or Unwanted Dogs**

When working with an animal that has been neglected, abused or abandoned there may be emotional issues that cause the dog to act out in negative ways. It is very important to properly place these wounded animals in the right homes. People who adopt rescue dogs need to be willing and able to take the time and energy necessary to assess the issue and gently correct it. This may require dealing with a destructive, scared or hyperactive animal for as long as it takes to sort through the issue. Patience is the key.

It can take time to figure out the exact root of the problem and deal with it properly. If you find yourself in this situation, remember to be patient and consistent. Remember that he is just a dog and is doing the best he can do to cope with the hand he has been dealt in life. If you find the dog's behavior overwhelming, don't try to deal with it alone. Don't be afraid to ask for help from a professional trainer or vet. Never do anything that will place you, another person or the dog in any kind of danger.

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## Separation Anxiety

Dogs that suffer separation anxiety act out negatively only when left alone. Chewing, barking, scratching and pooping inside the house occur when they are left at home alone. If the dog does these things when the owner is home, it's not separation anxiety that he is suffering from, it's just negative behavior.

## Why Dogs Have Separation Anxiety and the Best Ways to Deal with It

Dogs have various reasons for feeling anxious when their owners leave the house. The dog may be genuinely scared or anxious to be alone. He may feel uncertain of what is what without his owner nearby to give him cues that everything is okay. He may feel lost, abandoned or fear that his owner won't come back to take care of him. He might have been conditioned to dread owner absences for some reason or he may have control issues concerning his owner.

The solution to a dog's separation anxiety really depends on the root of why they feel anxious. If the dog is agitated because it fears what could happen to you while you're away from him and he can't be in control while you're out, clearly the owner needs to take charge and work on establishing the alpha role with the dog. A dog that's been trained to dread his master leaving the house can usually be redirected by a few simple changes in the coming and going routine:

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- Do not make a fuss when you leave. You don't want the dog to think it's a big deal that you're going out. If you make a fuss over leaving, the dog will think it's a big deal.
- Choose a different exit than you would normally use when you leave in order to break the dog's habitual habit of scratching on that door when you leave.
- Upon your return to the house, resist the temptation to get excited with the dog about your return. Upon your arrival, ignore the dog until he is calm and not agitated and then praise him. Again, if you act like he needs to be rewarded because you went out, he will pick up on that and be anxious while you are gone.
- For a dog that is genuinely afraid, you must work to build up his confidence. A confident dog is perfectly able to stay home alone. In the meantime, until the dog feels more confident, consider using a size appropriate crate to securely house the dog while you're gone. This "den like" crate will usually work to help the dog feel safe and secure and calmly wait for his owner to return home.

## Keeping Your Dog Out of Trouble While You're Away

There are countless ways to entertain or distract a dog that is left home alone. Try some of these ideas.

- Leave out challenging dog toys such as a sturdy chew bone that will occupy the dog for quite a while. Just make sure that you never leave out a toy that the dog can choke

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on or otherwise harm him with while you're gone.

- Leave the TV or some music on as a distraction and back ground noise. The dog will feel less alone if he can hear other voices in the room.
- Feed the dog prior to leaving home if you're going to be gone for quite a while. A full dog is a sleepy dog, and there's no better way he could pass the time when you're away than by sleeping. Also, if you feed the dog before you leave home, he won't feel anxious that you're going to be away when it is time for you to feed him. Also make sure you leave plenty of clean, fresh water out for the dog when you leave home.
- Prior to leaving home, make sure the dog is allowed outside to do his business. If you don't have a doggie door, be sure you don't stay gone any longer than the dog can successfully contain himself. House-trained dogs become very irritable and anxious if they know they need to poop or urinate and there is no way for them to get outside to do it. It's just plain not fair to expect your dog to be house-trained if he is locked in the house and can't get out to relieve himself for hours at a time.
- Prior to leaving home, it's also a good idea to make sure the dog has gotten plenty of exercise so he won't be full of energy. Well exercised dogs are always less anxious and less destructive.

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## Chapter 3: Obedience

### Response

It's important for your dog's safety and your sanity that he listens and quickly responds when you give a command such as stay or come. I know of a very sad instance in which a dog was traveling with his owner and the owner stopped at a rest stop at night. The dog jumped out of the car when the owner opened the door. The owner immediately told the dog to stay, but the dog was not well trained and ran out across the highway and was killed by a truck. I think about this sometimes when I feel I'm being too much of a taskmaster in training my dog to obey commands. I use it as a reminder that the training is for the dog's sake as well as the owner's. A trained dog is a safer dog! Besides that, a dog that doesn't come when called or makes you beg him to do something or not, creates frustration. The dog picks up on the frustration and can sometimes turn his disobedience into a game that drives the owner bananas! Sometimes, getting a dog to instantly respond to commands takes a little extra work, but the results are definitely worth the effort.

### Training My Dog to Listen to My Commands

We train our dogs, either negatively or positively, starting from day one. The things we do and don't allow them, and the way we respond when they do these things, teaches them what they can expect in the future. If your dog clearly hears you give a command and simply ignores you, it is most likely because he is so distracted he is willing to risk punishment or you

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have taught him that there is no negative/ positive consequence to ignoring or listening to you. In other words, he knows that if he comes the outcome is always to be put in the crate or that if he ignores you, you will yell or scream before you *really* want him to listen. Dogs catch on quickly to every message we send them. These messages are responsible for a large portion of our dog's behavior. Make sure you are always sending your dog the correct clear message.

### **I Want My Dog to Want to Please Me**

If a dog's primary driving force is to please you, training will be a breeze. All you have to do is teach the dog what pleases you and what does not. Everyone else will have to add an additional step to this process. Dogs that are not highly driven to please their owner must instead be motivated by what happens when they don't please their owner. Eventually, the line may blur between being rewarded and pleasing you, but there is really no way to make a dog want to please you. All you can do is motivate a dog to please you by offering an attractive incentive such as praise.

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Hope you enjoyed these two complimentary chapters.

Again, if you are interested in the Response Revolution dog training course, it was newly released and probably won't be available for long (I'm only releasing 800 copies FOREVER). [Click here if you want to check it out.](#)

A handwritten signature in black ink that reads "Lauren Schwaar". The signature is written in a cursive style with a large, looping initial "L".

-Lauren

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