



WELCOME!!

Hey all, a big, big, BIG warm welcome to our very first dog training DVD!!

We are so excited to finally be able to share this with you, and so incredibly honored that you've made us a part of your team and your life! This has been a true labor of love for myself, Laura, and our production team. Our goal from the beginning has been to demystify and simplify dog training - to remove the fluff, the ego, the confusion, the high-fallutin' jargon and scientific speak, and leave with you just the easy to follow, super-effective good stuff!

We also wanted to it be cool and fun! :)



I started The Good Dog as a result of my searching for answers for my own dog issues. If you haven't heard my story, I was not always this smarty-pants dog trainer who had all the answers. **No.** I was someone who messed it all up - I gave affection at the wrong times, I used the wrong tools, I babied and spoiled my dogs, was a mess personally and emotionally, and ended up with some seriously dangerous dog behavior issues because of it. That journey led me in many directions, and down many paths. I'd like to think that I've gone out and done all of the super time-intensive studying, comparing, evaluating, experimenting, and screwing up for **you** - this video is the culmination of the years I've spent looking for the only the very best answers for my clients and their dogs. I now leave you with what I've found simply works best!

Not that all your work is done! Not by a long shot! But I've helped strip away the countless number of training choices and options that can cause a dog owner's head to spin and leave them feeling so overwhelmed that they feel unable to even start.

This personal training journey I've been on has revealed some pretty amazing answers for helping owners and dogs regain balance and joy in their relationship together, and I'm so excited to be able to share what I've learned here with you.

I think many people will see this DVD and the suggestions contained within and think it's all very simple stuff - *and it is!* **But what we've found is that by doing some very simple stuff, in a very specific fashion, it yields some pretty startling results.** So don't let the simplicity fool you - what we're sharing with you here in this video and in this PDF **IS** the actual foundation we use in our world-famous board and train program for our very own clients. And the cool news is we've set up this PDF with step-by-step instructions to help you create your very own Good Dog board

and train program! By following this schedule you should be able to create a nice, comfortable arc of progress for both you and your dog.

We've also included some information on your *personal journey* - your personal development - because if there is one thing I've learned from mine and my client's journeys over the years, it's that **when you get better, everything else gets better. When you're ready to change, your dog is ready to change.** How cool that our dogs and our desire to have them be better, more balanced and healthy companions can also be a gateway and an opportunity to transform ourselves!

So, with that, let's start this awesome journey together of transforming our dogs, and maybe, just maybe, transforming ourselves too. :)

About this Training Guide PDF:

This PDF will be your guide as you move through the exercises - we have included the suggested amount of time and reps that you should do each phase of the exercise, as well as posts from Sean's blog (www.thegooddoglifeblog.com) that are pertinent to deepening the understanding of each exercise for you!

We suggest you print this PDF out and put it in a binder of your choice, making it easily accessible and fun for you to read and follow along!

Every section will have the following:

The Basics: The basic idea of each exercise.

The Rules: The rules of each exercise when working with your dog.

Practical Uses: The ways that the behavior can be used in every day life, and the benefits it can bring to your home with you, your dog, and your lifestyle.

State of Mind Benefits: The ways that you can affect your dog's state of mind using the exercises, and the benefits it will have on your dog.

Think About It: Real world applications, both to humans and the psyche of a dog that will make the reason for doing the exercise make much more sense.

Keep yourself SAFE!: *When you are working with animals, there is always inherent risk.* The last thing we want to ever hear is someone getting hurt during the training process, so we will give you some basic tips and pointers to keeping yourself safe in the process.

As you are adding challenge to the way your dog lives, you may see reactions that you aren't used to seeing in your dog. ***Please consult a professional if you feel in over your head.***

Phases: The phases of each exercise, how many reps to do in each phase before moving on to the next one, and other suggestions.

Problem Solving/FAQ: A couple questions that you might have and issues that might come up during the training process. You will also want to check out the **Behavior Modification/Problem Solving** section of this PDF for more information on different behaviors.

After the training exercises, we have created a scheduled calendar for the first 30 days to kick off your new life with your dog!

Each day, besides walks, your active training should take no more than one hour - however, duration work, which is the most important (and easiest!) part of this training process, will happen whenever you are able to supervise.

Have fun, be patient and, above all, *enjoy the process!* **Remember - it's just dog training ;)**



Table of Contents

The Good Dog Philosophy.....	6
Why Prong Collars?.....	8
The Value of Duration Work	9
The Three D’s.....	11
Corrections.....	12
Ground Rules.....	15
Goal Setting.....	17
Safety.....	23
List of Commands.....	25
Tools.....	27
Walk.....	29
Thresholds.....	35
Crate.....	38
Waiting for Food.....	41
Sit.....	43
Place.....	46
Down.....	50
Behavior Modification/Problem Solving.....	53
Training Calendar.....	56
Links.....	60
Personal Development Resource List.....	61
Thank You!.....	63

The Good Dog Philosophy

At The Good Dog, we believe that most of the issues that owners struggle with arise due to a lack of clear structure, rules, and guidance. When our dogs are missing these essential components of a balanced life they tend to become stressed and anxious, and, as we know, when dogs (or people!) are in this state, they're likely going to make less than fantastic choices!



This stress and anxiety can manifest itself as bratty/entitled behavior; leash reactivity towards dogs, people, cars, bikes, skateboards etc; resource guarding; overly territorial behavior; human aggression; separation anxiety; obsessive barking/chewing/licking; guarding owners and other space; as well as the more common stuff like jumping on people, pulling on-leash, rambunctious behavior in the house, counter surfing, and lots more! :)

Our belief is that when you provide these essentials, or foundation for your dog, you will see many of the behavioral issues simply fade away, and the ones that don't completely fade away will be far reduced in intensity and much easier to address directly later. Our approach is far more holistically and foundationally-based than it is about specifically targeting issues. Meaning that **we focus on creating this simple, but super effective, foundation as our main objective** - *we know that addressing the state of mind overall yields far deeper reaching, and longer lasting results than does just addressing the symptoms.*

In our opinion, this is where many other approaches struggle. They address the symptoms of the problem rather than the problem (state of mind) itself. Also, if you attempt to go after bigger symptoms on their own without creating the foundation first, you set yourself and your dog up for an incredibly (and possibly insurmountable or dangerous) challenge. We've found over and over that the best way to fix serious issues is to go after the same symptom but in its much smaller and less intense form. Our Crate, Threshold, and Structured Walk exercises are great examples of this. Many times we will address these exercises and the state of mind issues they present, and will find later that the other behavior issues have evaporated. Even though they might not look like they're tied together (how could a Crate and Threshold exercise stop dog reactivity issues?), but they most certainly are.

And when you couple all of these exercises with our **duration work**, which yields some of the most profound state of mind benefits anywhere, the results are nothing short of amazing!

Trust me, I used to do things very differently. At the very beginning of my career, I would try and tackle these behavior issues head on, and I would struggle. The dogs and owners would struggle, as well. And then one golden, beautiful day (okay, it was more like many months!), I had a huge awakening and a realization about **the power of affecting state of mind through foundation work**, and *everything changed*. Dogs had huge breakthroughs, owners were elated with the simplicity and changes, and I was elated with the results. So I'm thrilled to pass this hard-earned wisdom on to all of you now!



Why Prong Collars?

Okay, so what's the deal with all this prong collar business??

I know they look bad, and I understand that many people feel they will hurt or damage their dog, but trust me - I've used them on countless dogs over the years, and I can personally attest to the fact that, not only are they not dangerous or harmful to your dog physically (I actually find them to be one of the least physically taxing tools available),



but, due to the way they communicate and connect with the dog, they're probably the most healthy tool for your dog, emotionally.

The reason why is all due to how the prong collar is designed and how it shares pressure. Many tools, due to their design and the way they share pressure (harness, flat collar, choke, head harnesses) actually encourage mental and physical resistance, which creates mental stress and physical stress. Here's a quick example: if your dog is on a flat collar, he feels very comfortable pulling against the collar. The pressure from the collar is so mild that the dog easily pulls - this pulling creates stress and disconnect from you, which often creates behavior problems. Whereas with the prong,

the pulling is uncomfortable, and this causes your dog to prioritize better decisions, being mentally present, and working in a connected and cooperative partnership fashion, rather than in a disconnected and oppositional fashion. And the big bonus is that when your dog is mentally present, prioritizing good choices and cooperation, he's going to be less stressed, less anxious, less worried, and less adrenalized, and that means startlingly better behavior in usually a very short amount of time.

In other words, the prong truly helps you to help your dog to present his or her best self. The self that oftentimes gets obscured by a stressed out, disconnected mind. Also, on a very practical tip, the prong collar can be a godsend for people who's dog's physicality is creating big problems with control, and even possibly dangerous situations for them. Because dogs actually care about the prong collar and the way it shares pressure, and because they tend to prioritize listening to it rather than simply listening to their latest impulse, it can create safety and much needed control for more physically challenging dogs.

If you're on the fence or worried about trying the prong, watch the walk portion of this video again with Banjo and Poppy - neither of those dogs had been on a prong prior. Both were highly stressed and excited, and within a few minutes of using the prong and

doing a little simple foundation work, they were like different dogs - relaxed, happy, and connected to their owners.

Oh, and the owners were feeling pretty relaxed and happy themselves. :)

Here's a quick little note I wrote up about prong collars on my Facebook page that many folks found super helpful:

Prongs often cause a few things to occur:

- 1) The dog feels more connected emotionally to the handler due to the way the prong shares pressure (which reduces stress and increases confidence);
- 2) Due to the way the prong shares pressure, it causes them for the first time to attempt to cope with anxiety and fear-inducing triggers in a different fashion rather than just the default of initial panic/reactivity (which also reduces stress and increases confidence);
- 3) It causes them to practice impulse control and actually be more present and thinking rather than just on stressed-out auto-pilot due to the way the prong shares pressure (which reduces stress, and increases confidence). The prong makes panicky, disconnected, or pushy, bratty behavior uncomfortable; and makes tuned-in, thinking, self-regulating, relaxed, polite, and courteous behavior very comfortable.

Prong collars can create **connecting** where other collars create **disconnect**.

Why not use rewards or treats for the training?

The problem with rewards-only training is that the rewards are often not nearly motivating enough to override or motivate the dog to change the unwanted behavior. High stress, anxiety, fear, brattiness, etc are such powerful states that often the rewards have zero impact. The reward in our system is relief, calm, peace, stress-free living, and of course inclusion, praise, fun, play, and love. I reward the dog with a enjoyable state of mind...pretty juicy reward. And much more valuable than a treat. :)

The Power of Duration Work

Okay guys, this might be the biggest exercise that you do here!

And here's the thing: it's going to look deceptively like not much is happening - but trust me, *lots will be happening!* :)

I can't stress enough the power and value of duration work. We like to think of it as enforced meditation for dogs. The rules are simple: regardless of what goes on in your dog's world, the only thing he/she is allowed to do is relax and chill

out! How cool is that? Imagine if I could create a world for you where you weren't allowed to worry about emails, phone calls, the boss, the kids, bills, financial pressure, work pressure, life pressure, etc? How much would that be worth to you? How much better would your home life, work life, life-life interactions be after a nice long session of "you're not allowed to worry about anything"? I'd imagine pretty tremendously so. Stress and anxiety from daily pressures have a huge impact on our quality of life and our ability to share our best selves...*or not*. It's the same for our dogs. Only they're not worried about the bills, the boss, the plumbing, the PTA meeting, the project deadline etc, **no!** They're worried about the mailman, the dog walking by, the guest that just arrived, the motorcycle that just went by, the vacuum your using, the neighbor at the fence etc. They're stressed out trying to decide if they should run to the door? Is the mailman a threat? Is that dog walking by trying to intrude on their territory? Is that guest safe or does he mean harm? All sorts of things we don't care about, our dogs do!

By working on duration exercises we actually teach our dogs that it's not their job to worry, assess, or freak out. Their job is just to simply be a chilled out dog. How cool is that?

Worried dogs make crappy choices, unworried dogs make great choices. :)

Lots of training programs put too much emphasis on excitement and movement, and not nearly enough on quiet, stillness, and relaxation. They miss one of the most essential and valuable state of mind training techniques, which is being able to create relaxation and peace of mind on command.



Much of the state of mind magic we create here at The Good Dog comes from teaching dogs to simply relax as the busy, stress-filled world goes on around them. We teach dogs to be calm, relaxed observers of the world, rather than constantly on-edge reactors/participants to it. **By creating some very simple, but non-negotiable long duration "place" and "down" commands of 30/45/60/120 minutes or more, we begin to pattern our dogs to ignore their initial impulse to address or respond to every trigger that occurs in their world.** When we create this kind of impulse control, along with a fundamental state of mind shift to a more calm, relaxed, passive state, we begin to remove the stress and anxiety that causes most behavior issues, and allow our dogs access to a relaxed and comfortable state of mind that they've never experienced before.

By practicing duration work regularly you cultivate a state of mind that knows how to be relaxed and calm, regardless of what's occurring in the environment. You create a dog

that, through your command and guidance, has an **on and off switch** - he can be relaxed and chilled out when you need him to be, and also playful, fun and crazy when you want him to be.

But most importantly, you'll create a dog that is comfortable and happy in his own skin. Most folks focus way too much on the movement in training and not nearly enough on the staying put!

The Three D's

Okay, so let's talk about one of the biggest component on our path to helping make our dogs the very best they can be. We call these **the three D's!**

Distance

Duration

Distraction!

Our goal is to use the three D's to help deepen our dogs understanding of the commands, deepen the capabilities and use of the commands, and most importantly, to help affect state of mind in a positive fashion. Throughout all of these exercises we will be employing the three D's in a slow and systematic fashion of ever-increasing challenge. But remember that **slow part!** :) Every time we add another layer of the three D's we add another layer of challenge for our dogs to deal with, so be patient as you move through these increasing levels of challenge.

- **Distance** is a big challenge. The further away you are, the less your dog feels your presence, and the more your dog will likely feel compelled to break the command and do his own thing. Also, many dogs want to follow their owners, so creating distance can be challenging in that respect as well. We want to slowly build distance into all of our work.
- **Duration** is another big challenge. Many dogs can hold a command for a short amount of time, but if asked to hold for any extended period, their impulse control and distractibility get the better of them. Also, the longer your dog is in position, the more opportunity there is for environmental stuff to gain his interest, and thus cause him to break. And many dogs who have serious impulse control issues or stress/anxiety issues find movement (oftentimes obsessively so) to be a great way to cope with their discomfort. We want to teach them a better and deeper way to cope. We want to slowly build duration into all of our work.
- **Distraction** is, you guessed it, another big challenge! :) Distractions are anything your dog finds well, *distracting*. It can be you walking by them, the front door opening, a knock on the door, clapping your hands, rattling a food bag, quick movement (running, dancing - we've got some serious moves over here!), other dogs,

bikes, skateboards, vacuum, a thrown ball or toy, etc. We want to slowly add distractions into all of our work.

Remember to be aware that each of the three D's adds another challenge to any of the other three D's you're working on. So, for example, if your dog is awesome at holding place when you're rattling his treat bag across the room, it might be a whole different story if you rattle in another room where he can't see you, but can hear you.

Oftentimes the biggest challenge is moving out of your dog's sight. So be mindful of this challenge and take your time, knowing it's a hard one for your dog.

Note: You want to be looking for any of the three D's that are actually challenging for your dog. Every dog is different and has different triggers, desires, and motivators. If your dog is easy with the door knock, then that's not one to focus too much on. However, if the door knock sets off a thermonuclear explosion inside your dog, it's probably one you should focus on a lot! The goal is to search out and be creative with the three D's to find what pushes your dog's buttons and creates challenges mentally.

When we find resistance or intensity, that is a big sign that there is something valuable to work on. The more you challenge and help your dog with these three D's, the more balanced and resilient he will become.

Corrections

Okay, so let's talk about that dirty word **corrections**. Corrections are actually less about simply correcting and much more about communicating. When we share an appropriate leash conversation with our dogs, we're able to open up an entire world of communication between ourselves and our dogs. We can share something incredibly subtle like *move this way with me*, or we can share something of an intense nature like *don't ever do that again*.

When done correctly, **corrections allow us to create very clear information about what is and isn't allowed, and what should and shouldn't be done**. Corrections not only enable us to reinforce practical obedience, but they also help us to influence and cultivate the proper state of mind and discourage the unhealthy state of mind.

Our dogs don't come into this world understanding what is and isn't okay, what's right and wrong - they depend on their mother initially for this information, and later they depend on us. After we have clearly and fairly taught our dogs what the rules are, we can then use corrections to enforce and give value to those rules. A big part of creating positive state of mind change in our dogs is creating believable buy-in towards ourselves and the rules we have established. Nothing makes a dog feel less stable and less comfortable (which, as we know, creates stress and anxiety which are the main causes of serious behavior issues) than having rules that can be successfully pushed against,

rejected, or ignored. So obviously by extension we need to make sure that our corrections are meaningful, valuable, and significant.

Now, that absolutely doesn't mean that great leadership and that confident, stable dogs come from life-altering corrections - **no way**. But it does mean that **your job is to find the level of correction in that moment, in that particular environment, that is valuable enough to your dog to create state of mind change, break through excitement and adrenaline, create handler value/respect, and to cause your dog to consciously make a better choice in the future.**

Many owners struggle with corrections - either the mechanics of doing them, the emotional side of correcting their dog, or just simply misreading their dog and guessing what level should work rather than letting their dog tell them what works. **The following is very important:**

When it comes to correcting your dog, let your dog tell you the right level of correction. If you watch carefully and have an open mind, your dog will absolutely tell you when a correction matters. How will you know? The problem behavior and state of mind behind it will change.



Another issue we see a lot are owners nagging their dogs. By nagging we mean constant small, insignificant corrections that the dog tunes out, and that can actually make matters much worse by agitating the dog rather than helping him break through and relax. Nagging can also cause you to get into what I call "**Chasing**".

"Chasing" occurs when your dog is becoming excited or intense about something, and the owner attempts to correct, but does so at too low a level, and then the dog escalates more, and so the owner now raises his correction higher, but still too low to be valuable, and the dog escalates more, and so on and so on until he dog explodes!

At this point, the owner says "I was correcting really firmly!" Yes, they were! But much too little, too late. I see this all the time on the walk with reactive dogs.

A much better choice is to do what I call "**Capping**" excitement or intensity. The goal with "Capping" is the exact opposite of nagging or Chasing - with Capping our goal is to get ahead of the dog and share a firm enough correction that quickly caps the excitement/intensity and brings the state of mind back down to a more manageable place. For example, instead of correcting a dog's intensity level of two with a two, you cap it with a four or five.

Another aspect of correcting that can be valuable, especially for more pushy, challenging, or intense dogs, is a thing I call **large consequence for small infraction**. This is just another version of "Capping". When we correct a dog who has the tendency to be intense or seriously pushy, with a stronger consequence for a smaller infraction, the dog gets the full benefit of the conversation without the competing mental noise of high adrenaline and excitement, which tend to dissipate the impact of your conversation. It also creates a fairly powerful emotional impact on the dog, and will often cause the dog to make far better choices in the future. I will usually utilize this concept at the beginning of the walk at the threshold, or when the dog starts to pull or stare at another dog - the threshold, pulling/staring infraction might be fairly mild, but that will be the moment I go after with some firmer stuff.

This is only to be used after the dog has been fairly introduced to the prong collar, and this isn't to be utilized for soft, compliant dogs - this is reserved for the far more challenging guys who laugh in the face of the smaller stuff. :)

Lastly, I want to talk about how corrections are actually much more about relaxing your dog, than they are about punishing your dog. When dogs are pulling on the leash, staring/lunging/reacting to other dogs, jumping on people, breaking "place" repeatedly, barking at the door or windows etc, they've become stressed, tense, and uncomfortable. When we utilize corrections in the right fashion, we can actually break through all of that discomfort and watch our dogs go from stressed-out maniacs to relaxed dudes in just seconds.

Okay, so *really* lastly, **dog training is absolutely not just about corrections**. It's 95% teaching what we want and expect, and 5% about correcting our dogs to help them when they're stuck and need our assistance to move forward. But remember, even though it's only 5% of the program, **it's an essential 5%**. If you'll focus on mastering the art of when and how to correct properly, you'll see some pretty amazing progress and breakthroughs.

Also!

For Sit, Down, and Place, remember this three step process:

- 1) Verbal "No"**
- 2) Physical Pop Correction**
- 3) Guide the dog back into position!**

Do not forget Step 2! You will struggle :)

Ground Rules

Here are some things that you will be keeping in mind when embarking on this new journey with your dog:

Overall Structure:

While you are in the training process, **your dog will be wearing the prong collar and a leash any time you are home, supervising** - just let your dog drag it around behind them).

The leash and prong are your way of communicating and teaching your dog. Without it your dog will easily get confused, you will get frustrated, and everything will be much harder than it needs to be. Trust me on this one! Your leash and prong will be your communication device - your human-to-dog smartphone if you will - you will use it for teaching as well as for giving any information about what is and what isn't acceptable behavior. You must have a way to influence your dog if you need to correct any behaviors - breaking command, jumping up, barking, etc, or just to comfortably and clearly guide your dog through the process. The reason most owners end up frustrated, angry, raising their voices, and losing their cool is almost always because they don't have an effective way to influence and interact with their dog. So let's not be those people! :)

Here's your simple formula: the leash and prong stay on until you're seeing consistently awesome behavior, consistent responses to commands, and an overall demeanor that is positive, balanced and respectful. Once you're getting that awesomeness consistently, you should then go to a handle or traffic leash with prong as an intermediate step. Your dog will be aware that the long leash isn't on any longer, and may try to test the boundaries of what he can get away with. The handle/traffic leash allows us to start to remove the long leash association and start to create the feeling of your dog being more "naked", but will still enable you to correct and direct your dog as needed.

After you've got consistently rocking and rolling behavior on the traffic/handle leash, you can then remove that and just have your dog wearing the prong. Once again we're working on removing your dog's perception about you needing the leash to influence/correct. As we slowly teach the dog that we need less and less leash and yet can still influence/correct, we move closer to the last step: **going naked!** :) Take your time working towards this final step, and, if you encounter any issues behavior-wise, simply back up a step or two by adding the prong/traffic leash/regular leash as needed.

The tendency is for us to almost always move too fast through this process. Don't be discouraged or upset with yourself or your dog if you encounter backsliding or challenges. This is normal. Take your time, and enjoy the process of creating a new

relationship, and check in to see how your dog responds without the leash and prong. The timeline for this training process can vary wildly depending on your dog's demeanor and issues, as well as the amount of time you dedicate to the process, your timing, mechanics, and attention to detail. We, just like our dogs, all have different natural abilities and challenges, so what you bring to the table as an individual will also have a big impact on the training timeline.

Remember, this isn't forever - this is absolutely a means to an end. We want to deeply pattern both the commands, as well as overall state of mind and demeanor using the leash and prong as our gateway. Eventually we reap the rewards of good behavior and a balanced state of mind even without the tools. This process can take a few weeks up to several months, so be patient.

The prong/leash will come off whenever you leave, when the dog is in the crate, and at night.

Affection:

Giving your dog too much unearned affection without enough structure is a recipe for separation anxiety, unhealthy dependency, bratty, entitled behavior, anxiety, nervousness, territorial behaviors (around you), and a whole host of other issues! We are fine with you giving your dog affection - we certainly don't live affection-less with our dogs - but we also know how to enforce structure, rules, and consequences for bad behavior.

What You Pet is What You Get!

If your dog is whining, acting anxious, nervous, barking excessively, reacting to dogs or people, or doing anything else that you really don't want to continue, do not pet or tell him "*It's okay*" in a soothing voice!

As humans, we can console each other and get the desired result of calming each other down and making us feel better, but remember - petting a dog is a reward, and if you are petting your dog every time they do something that you aren't a fan of, you are just reinforcing the negative behavior! Much better to correct it and let the dog move through it.

Furniture/Bed Rules:

We are not going to tell you that your dog can't ever be on the furniture or sleep in bed with you - however! If you have a dog who is exhibiting any major behavior problems - bratty, entitled, pushy behavior; nervous, fearful, separation anxiety behaviors; aggression of any kind - your dog absolutely should not be getting these privileges. For a pushy/entitled dog, you are just exacerbating the entitlement and allowing them to feel like they own your house even more than they already do. For a nervous/insecure dog, all of the closeness to you is going to undermine confidence even more, and cause your

dog to see you as a drug that they can't get enough of - better to give them more structure and rules so they can reduce that anxiety and feel more comfortable in their own skin. Dogs with any aggression issues should not be getting these privileges for obvious reasons.

Personal Space:

If your dog is pushing into your space on a regular basis, getting underfoot, following you around, you need to correct that behavior and give your dog something else to do. This sort of pushiness is indicative of state of mind issues that will come out elsewhere in your life with your dog.

Whining/Barking in Crate, Yard, or House:

You have to see this for the state of mind issue that it is, and correct it! See the **Behavior Modification/Problem Solving** section of this PDF.

Owner State of Mind:

You should always be in a calm, relaxed space when dealing with your dog - even if he is giving you trouble and frustrating you, it's essential to keep your cool and let the training and corrections do the talking. This is why we have you leave the leash/collar on your dog when you are home - instead of raising your voice or getting frustrated with your dog, you will correct and give your dog something else to do.

Goal Setting/Personal Development

Okay, so we've got all this work for our *dogs* - all this training and challenge to push them and help them to be the very best that they can be, and, like any relationship, this dog and human thing has got two sides to it!

If we're going to aspire to creating some great stuff for our dogs and turning negative, unhealthy behaviors around, we're going to have to have a peek at both dance partners in this Tango we're doing together. Here's the simplest truth: **when you get better, everything else gets better. When you change, everything else changes.**

Now, you don't have to do any of this personal work - it's totally optional, and even without it you'll create some amazing results with this program - but here's the thing: there's SO much more out there if you want it! Our dogs are most definitely mirrors of ourselves, and any issues you are struggling with and challenged by will likely manifest in your dog in various ways through negative behavior, stress, and anxiety. In the same

way that we are tremendously influenced by who and what we are consistently surrounded by, it's the same for our dogs. And who will be our dogs' biggest influence? Yep, you guessed it, **you**.

So if our goal is to create some awesome changes in our dog, it only makes sense that a portion of our focus needs to be on **us**. How much focus and attention is totally up to you - I'm not here to preach to anyone, but I'm telling you from personal experience that when I went to work on myself, my dogs' behavior, state of mind and overall comfort and quality of life level went through the roof. A dog who lives with a stressed, anxious, obsessive, on-edge, emotionally fragile, depressed, dependent, unfulfilled, fearful, manic, nervous person is going to feel that vibe and will likely find ways to try to cope with the discomfort of that exposure. This might manifest in chronic barking, obsessive licking, dog aggression, leash reactivity, separation anxiety, human aggression, hyper-territorial issues, fear issues, generalized anxiety, and on and on.

Trust me folks, I speak from personal experience - not just with my clients but with myself as well - my dogs were a wreck due to all the stuff I had going on that I had yet to work on. :) So the cool part in all this is that it gives you a whole 'nother angle to work from to help your dog, besides just the training angle. It means that we have our nuts and bolts training, which is a gigantic part of this, but also our internal work, which, in all truth, if you're struggling with personal issues (and who isn't? :) can be just as important.

There are many approaches to working on our stuff: therapy, self-awareness, audio programs, books, friends, mentors and more. For yours truly, I did a fair amount of therapy and a ton of personal study through books and audio. To be honest, the challenges presented by my dogs, and the pain it caused me and others was the catalyst that helped me to completely transform my life. I am eternally grateful for my dogs' transparency and honesty in their reactions to who and what I shared with them in the "good old days!" :) Now, not everyone is in as dire of straits as I was, so you may not need all this...or you might need more. :)

Either way, whether you'd like to look further into all this is totally up to you. That all said, **the following is a blog I wrote for some folks who had been asking me about a few of the major personal development principles that I employ and teach:**

Hey guys and gals, this is a special collection from our Train The Trainers seminar series that focuses on personal development. I've put together what I've found to be the most important and transformative principles. There are of course many, many more, but these seem to be the foundation for everything. I've dedicated years to the study of life improvement and have attempted to distill all that info down to the most important and easy to follow principles.

A few of the biggest issues with personal development work are typically that there is too much stuff, it's overwhelming, and "where would I start?" Another issue is trust. As in

any field there are bound to be those who operate from integrity and those that don't. I worked tirelessly to find people (authors and speakers) who after searching through tons of their work still held up as solid people with solid integrity. I pulled this info from what I found to be the best of the best.

These laws in and of themselves won't change your life, but if you use them as guide on your journey to consistent study, care, and attention to improving your internal skills, they absolutely can. What I would suggest is that you simply use these as a reminder of the fundamentals of living the great life. Commit daily to at least 30 minutes, or even better, an hour of studying transformational information, and like clockwork, the amazing concepts start to become a part of you. And then your life starts to reflect that all back to you with better relationships, opportunities, happiness, finances etc. Remember, your outside world is simply a reflection of your inside world. We become what we expose ourselves to. Expose ourselves to great stuff and we become, well, great stuff! :)

Change what you think and believe, and that will change your actions, and that will change your results, and that will change your reality. It all starts with your mind. :)

The 10 Principles

1) 100% Responsibility

You have to stop all blaming, all whining, all complaining. You have to honestly accept that the only thing responsible for your state of mind, results, and ultimately what happens in your life, is you. That everything you have at the moment, you've created through your thoughts and actions. Negative people? You let them in. Unhealthy relationships? You let them in. Financial trouble, you allowed it to happen through action or non-action. Unfulfilled or not where you want to be in life? It's not the world's fault, it's yours. But that's the great news – if you're responsible for creating the crap (meaning, it wasn't just dumb luck or circumstance, it was you're doing), you can also create the great! Once you make this shift, you take back 100% control of your life – you are liberated from circumstances. This single shift changes the entire dynamic/power of your life. When we blame others we are powerless victims, when we take responsibility we are powerful creators. If you look closely you'll realize that there's always one person at the scene of the crime in your life – and that's you! :)

Action Step: Challenge yourself to become aware of your blaming vs responsibility habits in very moment.

2) Influence

Nothing impacts your beliefs, habits, thoughts, actions, goals, dreams, relationships, and finances more than the people, the books, the TV, the radio, and the movies that you expose yourself to. If you truly want to be successful, happy, healthy, and fulfilled, you have to remove the toxic/negative/lack influences of all of the above and replace them

with positive, healthy, successful, happy, growing, and improving people and content. Remember, we become what we expose ourselves to repeatedly.

Action Step: Become aware of all of the negative influences you expose yourself to on a daily basis through tv, fb, internet, magazines, friends, family, movies, and actually FEEL what they make you FEEL when exposed to them. Become sensitive the feeling of the negativity, and use it as guide to steer you towards healthier influences.

Bonus Action Step!: Start systematically removing negative influences and replacing them with positive ones. Nothing gives you permission to be stuck and toxic like other stuck and toxic people. Remove them.

3) Habits

What we do repeatedly is what we become. You don't create your future, you create your habits, and they create your future. In many ways, success and failure are very simple: practice world-class habits consistently, and you end up with a world-class life. Practice substandard habits, and you end up with a substandard life. Success and failure aren't created with earth-shattering breakthroughs or cataclysmic mistakes – success and failure are determined by hundreds of tiny, seemingly inconsequential choices and actions you make and take every day. You either move incrementally towards success, or incrementally towards failure – there is no neutral. Master your habits, and you master your life – let your habits get away from you, and life will master you.

Action Step: Become acutely aware of your little habits and routines and what they're leading you towards. Remember, habits stack! One bad choice makes the next bad choice easy and the next good choice hard. One good choice makes the next good choice easy and the next bad choice hard.

Bonus Action Step!: Read *The Slight Edge* by Jeff Olson.

4) Mindset

A positive mindset attracts positive people and opportunities. A truly positive/healthy person (and the opportunities they can offer) will only be attracted to and want to work/associate with someone who is also positive/healthy. A negative/toxic attitude (complaining, whining, gossiping, integrity issues, character issues, narrow-mindedness, and victim mentality) will repel awesome folks and opportunities. Great people and great opportunities will gravitate towards equally great people – your job is to become someone that successful people and opportunities are attracted to. Few things are as powerful for opening doors and “magically” creating opportunities and “luck” like a great attitude and mindset.

Action Step: Become highly sensitive to both your attitude as well as others in every moment. How do you FEEL when you're around negative people/mindsets? Do you want to spend more time with them or less? This is how others feel about you when

you're attitude is negative or toxic. Work to become someone that others feel lifted and joyful around and awesome people and opportunities will start to magically appear. This is how you become a magnet for success and happiness.

5) Prosperity Consciousness

How you feel about money will determine how much of it finds you. Ask yourself how you feel about this statement: I want as much happiness as I can get in my life. I want as much love as I can get in my life. I want as much money as I can get in my life. How do you feel about people who are rich? How do you feel about money and material things? Do you feel that what you have takes away from someone else? Are you aware of all the negative programming surrounding money and success? Have you been affected by your parents' and society's beliefs about money? How you feel about money, wealth, prosperity, and rich people will determine what you ultimately go after, and what you ultimately have. Money is neutral – it is neither good nor bad – it is simply a medium of exchange. Money magnifies what you already are: if you're nasty, it will make you more nasty; if you're generous and giving, it will make you more generous and giving. Prosperity is simply a value for value exchange – we get paid for bringing value to the marketplace. Wealth is created by adding value, solving problems and helping people.

Action Step: Start looking at money as the physical representation of value shared with others. See others with more money than you as people who have given/created more value than you have. (This one sticks in everyone's craw! But it's a great exercise!) View creating more money as a noble enterprise that simply signifies value you've created for others.

Bonus Action Step: Follow Randy Gage's blog and books.

6) Goal Setting

If you want to be successful, you absolutely have to have goals, and they have to be written down. Clearly-defined goals pull you toward their successful completion – they have power and magnetism. They create emotional excitement and direction which motivates. This single step will massively differentiate you from the crowd, and will massively accelerate your success. Clearly-defined goals give your conscious and your subconscious mind a clear target/direction to aim for. Without this defined direction, your mind will dilute its focus, will be sidetracked often, and you will run the very real risk of ending up in a location not of your choosing and not of your liking. Your mind is simply a goal-seeking and goal achieving device – it is a super computer designed to help you achieve whatever it is you desire – your job is to furnish it with the information about what exactly it is that you want so it can get you there. Goal setting is probably the single greatest differentiator between successful people and those that struggle.

Action Step: Read Laura Morgan's awesome post on goal setting: <http://eatyourcakeandcountyourchickens.com/2013/12/31/operation-goal-set-2014/>

7) Constant Learning and Growth

Make the decision and the commitment to dedicate your life to constant learning and constant growth. This principle will furnish you with the wisdom, insight, skills, awareness, and consciousness to create true success. Because all success is created in the mind, this work of expanding your consciousness is the most important work you can do for yourself and your future.

Action Step: Start a library of transformational resources (books, CDs, downloads, DVDs) and set aside time daily to read, listen, and watch. Personal recommendation: Read for an hour first thing in the morning to set your day and mind off right, and listen to awesome audios whenever driving.

8) Take Action

All the greatest ideas in the world mean nothing if not acted upon. Action takes lots of work, and opens us up to risk – which is why most people avoid it. Action is the moment when thoughts and dreams move from the mental world to the world of reality. The moment you take action you have begun to change your life, and change the world. And remember, you don't need a perfect plan to get started, you simply need the first plan. Just start wherever you are, today, right now, because that is the perfect plan.

Action Step: Take some form of action immediately! Order a book or DVD, delete some nasty/toxic FB “friends”, read something rather than watch tv or surf the net, call someone you've been avoiding or putting off, share your brilliant idea with a trusted friend, take a walk instead of the couch.

9) Be Willing and Excited to Fail

Nothing gives better information and feedback than failure. The quickest way to succeed, and to break through, is to simply take more chances, dream bigger, and fail more often. Failure is not the enemy – as long as you learn from an experience, it simply moves you closer to success. The fear of failure is the single greatest block to living the life of your dreams. The quickest way to succeed is to simply fail more. Work on letting go of the societal pressure and stigma that goes along with failing. Small people stay safe, don't risk, and never fail – except at living a big, exciting, fulfilling life. Anyone who has done anything great, life changing or valuable to others has failed...lots! Let failure be your accomplice that tells you you're living an epic life!

Action Step: Take a chance, get off the fence, and make decision/take action about something important that you've been stuck on.

10) Never, Ever Give Up

The one thread you will find that runs through every successful person's story is that no matter how many times they failed, no matter how many times they stumbled, they

never gave up. They simply picked themselves up, dusted off, and got back to it. The only moment you really fail is the moment you give up.

Action Step: If there is a dream you have, or even something highly important and valuable to you that you've let go of, dust it off and get back to it. If it's really important and valuable it shouldn't be easy to achieve! Anything worth having SHOULD be hard!!

Please see the Personal Development Resource section of this PDF for a list of resources that had the biggest impact on my life!

Safety

Okay everyone, so as much as we all enjoy living with our dogs and training our dogs, we also need to be super mindful of safety at all times.

Here's the lowdown: **all dogs can bite, period.** Even the sweet ones have teeth, and if pushed in the wrong way on the wrong day, even they can make a bad decision. So let's prioritize safety while being conscious and respectful of the species we're working with.

Here's a list of a few scenarios/situations to be careful and conscious of for both you and other dogs:

- Dogs in small areas (crate, doorways, hallways, corners, etc) can easily feel trapped, pressured, and stressed, and react in ways they normally wouldn't. Be extra careful and mindful of how you approach (body language, mental state/intention, demeanor, speed, and so on) when your dog is in one of these situations. **Never try to grab or pull a dog out of these situations by the collar** - that's prime biting stuff right there! If you need to get the dog, use a slip lead to lasso and/or coax/call the dog out.
- Never grab a dog by its collar to lead or direct a dog - especially if you're frustrated or reprimanding! This is prime time for biting.
- Be extremely cautious when doing the Waiting For Food exercise. If you have even the faintest concern that your dog is food aggressive or even food concerned, call a professional for help.
- Watch for telltale signs of stress and discomfort in your dog that can indicate a dangerous situation. This can look like: tension in the face and body (especially when going from relaxed to suddenly tense); the dog goes from a relaxed, open mouth to closed mouth with facial tension; whale eye, which is when your dog's eyes become wide and the whites show on the sides; dog looking at you or another dog out of the corner of his eyes while directing his snout away from you; growling, teeth baring, and

lunging are super obvious ones - please don't try to interact with a dog in this state, you need professional help.

- In multi-dog homes always be mindful of valuable items (this value is determined by the dog and not you!) Toys, treats, chews, balls, food bowls, and especially people can be points of possession and competition that can trigger fights.
- Moments of high excitement can easily trigger fights in multi-dog homes. This can be running out the door to play, play that escalates, chasing squirrels, fence fighting with other dogs, highly-excited play from the humans etc.
- If your dog is reactive to other dogs on-leash be aware that in moments of high intensity/reactivity and/or corrections your dog could redirect/bite you. If you have a dog with intense leash reactivity you should contact a professional to help.
- Be careful any time your dog is feeling pressured, whether from another dog or human. If your dog looks uncomfortable, it is your job to advocate for him and keep him comfortable and safe. You should block/prevent/remove any dog or human that is creating pressure and tension in your dog. **If you don't, he will.**
- Be careful when first introducing the prong collar that you move nice and slow. Some dogs can have a very intense reaction to the prong if it is introduced too quickly and too firmly. If done improperly it could result in your dog panicking and perhaps redirecting/biting you.



List of Commands

- **“Down”** - Having dog lay down anywhere, with or without mat. "Stay" is built in.
- **“Sit”** - Used for short duration - on walks, inside before feeding, at thresholds, etc. "Stay" is built in.
- **“Place”** - Dog stays on mat or bed regardless of distractions. "Stay" is built in.
- **“Heel”** - Specific position, with dog's head parallel with your hip, used on walk.
- **“Let's Go”** - Means “Move with me” - loose leash walking. Through thresholds, out of crates, off of Place command, etc.
- **“Break”** - Dog is completely free to do what it wants. Used for feeding, play/free time/ releasing into the yard, and a way to release from sit, down, place, or crate.
- **“No”** - A simple corrective word for any inappropriate behavior or deviation/break of a command.
- **“Crate”** - Used right before dog enters crate.
- **“Go Potty”** - Used to release your dog on a walk and direct him to potty.
- **“Good” or “Yes”** - Verbal marker for marking/confirming that your dog has completed a behavior. This is a highly valuable teaching tool that helps give your dog far more information and clarity about what you're attempting to teach him. We use the verbal marker until the dog is 100% solid with the behavior. After that, we can begin to fade the marker, as our dog no longer needs it.

Training Time!!

Get your DVD out!

Tools

4- or 6-Foot Leash - We use a nylon or cotton leash for best grip. We love the four-foot because you don't have to hold so much extra leash in your hand when you are walking.

Herm Sprenger Prong Collar - We use a medium (3.0) for medium to large dogs, small (2.25) for small dogs, or a micro for tiny dogs - Herm Sprenger doesn't make a micro, but there are generic models that you can use (please see the *Links* section of this PDF).

The prong collar has a martingale design, which applies even pressure around the dog's neck. We much prefer the Herm Sprenger over the generic model due to more rounded tips and better overall design, which contributes to far better action/response when correcting.

Carabiner - In the rare case that your prong collar fails and pops off your dog, the carabiner will still keep your dog safe and attached to the leash. The Carabiner attaches to the dead ring on the prong collar, which is O-shaped (not D-shaped, with the swivel - that is where the leash attaches), and the D ring on your dog's flat buckle collar (which holds the tags, etc). Make sure the carabiner goes **under** the chain where the leash attaches, so as not to mess with the action on the prong.

Pet Convincer - We use this tool for whining/barking in the crate, as well as redirecting or correcting your dog on a walk. It can be used for inside the house, if your dog is jumping up, or barking - though we prefer that you use prong corrections for this, the pet convincer can be another way to share corrective pressure if for some reason you don't have the prong on the dog (coming in the house after work, etc).

One of its best uses is for warding off off-leash dogs on a walk. The last thing you want is for your dog to have a negative experience on-leash with an off-leash dog - ***this can be a major cause of creating dog reactivity issues.***

Fitting the Prong Collar:

These are just reminders of what are demonstrated in the video - please just use these notes for reference!

Open the prong using one of the links, as demonstrated.

Put it around your dog's neck to see how many links you need to take out - remember, it should be a snug, not too tight or loose fit! This is very important for the action of the prong collar to work correctly on your specific dog!

We are looking for the prong to fit as high on the neck as possible, right behind the ears, under the jaw - nestle it by pulling the prong up and the skin/fur down so it stays at the

top of the neck. Make sure the the D-ring swivel, with the leash attached, is at the top of the neck; put the carabiner on the O ring and attach it to the flat buckle collar (make sure it latches UNDER the chain that has the swivel on it so as not to affect the action of the prong) and you're on your way.



Walk

The Basics: The walk is a 20 minute - 1 hour activity for you and your dog that is essential for exercise and relationship building.

The Rules: Your dog should not be pulling, sniffing, marking, scanning for other dogs, dragging behind, focusing on/reacting to/pulling towards dogs or people in an untoward fashion.

You should be fully present and aware of your surroundings - not texting or talking on the phone! You should be relaxed and tuned in to your dog, as well as what is going on around you.



You will keep the leash relaxed at all times - short, but not tight. When you are beginning the structured walk, be sure to say “Heel”, and from that point on, be sure that your dog remains in the heel position.

If your dog becomes alert or intense about dogs, people, skateboards, joggers, bikes, cats, or anything else, give your dog a quick pop correction with enough intensity to break focus and

create a relaxed state of mind. We are not correcting for relaxed, fluid, non-intense focus; but for overly intense, ears-up, forehead-wrinkled, body-tensed behavior. Your dog’s mind and emotions are fluid things, so be sure that your leash corrections are just as fluid. The trick to effective correcting is to catch your dog at the split second he starts to become intense with enough intensity in your leash pop to cause your dog to relax and return his attention to the walk.

Follow the **90/10 Rule** - 90% of the time, your dog is walking next you in a Heel position, with his head parallel to your hip bone, while 10% of the time (roughly) you will release your dog with “Break” or “Go potty” and give him more slack on the leash to sniff/go potty. This **must** be on your release, not because your dog pulls you to a tree or a bush. Remember, the dog who feels he can pull you to a tree or bush to pee or sniff is also being taught that pushy behavior works, and will likely make their own choices in the face of other distractions! The breaks will be interspersed throughout the walk, not done all at one time.

We highly recommend that you do not let your dog meet or interact with other dogs on the walk. Dogs tend to be much more stressed and uncomfortable while on leash around other dogs - having dogs meet or mingle with each other can be a perfect invitation for a negative interaction, or even an out-and-out dog fight. This is a great way to undermine your dog's trust in other dogs, in you, and often times ends up causing dog reactivity issues down the line. A good way to politely ward off a well-meaning owner is to say "My dog is in training" - oftentimes, even well-meaning owners that say their dogs are friendly don't realize their dogs have issues with other dogs and can cause trouble.

Practical Uses: Great exercise for you and your dog, and is a good way to get your dog out of the house for potty breaks and exploration.

State of Mind Benefits: The walk is one of our essential opportunities to create a deeper, more meaningful, and more connected relationship with our dog. It's an enormous leader/follower exercise, and an opportunity to ask your dog to be calm, patient, respectful, practicing impulse control, and deferring to you in the face of something that triggers excitement and enthusiasm.

Think About It: If your dog is focused, tuned-in, and deferential to you on the walk, which is often one of the most exciting and distraction-rich experiences for your dog, it creates a tremendous foundation for great behavior in all the other areas of your life together.

Keep Yourself SAFE!: An intense dog, who struggles with leash reactivity and is triggered by dogs/skateboards/cats/corrections etc., can, in a moment of escalation, channel his frustration or overwhelm back at the handler with jumping on you, biting the leash, severe lunging at the trigger, or even redirecting on you with a bite. ***If you are at all unsure about your dog's stability or your safety, please consult a professional before moving forward with this exercise.***

Components of the Walk:

Fit the prong collar:

It should be snug, right under your dog's jaw, right behind his ears, with the carabiner attached to the flat buckle collar for extra safety!

Leash Pressure Exercise:

This is a very important step in introducing the prong collar to your dog. After you fit the prong collar, take your dog to an area where you have some room to move - this could be your backyard, the street, the park, a parking lot etc. Try to make sure the environment isn't too crazy with distractions - low distractions are okay, but we don't want heavy distractions that can make it impossible for your dog to focus and learn. This exercise allows you to gauge your dog's sensitivity to prong pressure, enables your dog

to get accustomed to prong pressure, teaches him/her how to give to prong collar pressure, and will relax and de-escalate your dog before you move forward with the structured walk.

Walk with your dog at your side. Stop and let him forge out ahead a little bit, applying gentle pressure on the leash once he gets ahead of you. As soon as your dog gives to the pressure and turns towards you, relax the leash.

Remember! Keep the leash loose and just add gradual pressure - this is not a pop correction!

Do 10-15 repetitions of this, going back and forth until your dog gives easily to the pressure with little to no leash tension. **You may need far less or more repetitions, depending on your dog.**

If your dog follows you and will not forge out ahead of you, use smaller range of motion to get them used to the prong pressure.

Set Up Position:

This set up position will be used for the rest of the exercises on this DVD, not just for the walk! It is essential that you learn the proper leash handling to be as successful as you can be.

Your set up position will either be a one-handed or two-handed technique, depending on your preference.

In the two-handed technique, you will hold the leash in the hand closest to your dog, with the outside hand holding the rest of the leash (handle end), much like handlebars on a bicycle. Your grip will be overhand.

In the one-handed technique, you will hold the leash in the hand closest to your dog, with an overhanded grip, as well.

Your leash should be short but not tight - the space between your hand and your dog's neck is where we're focused. We're looking for just the tiniest amount of play in the leash between your hand and the dog's collar.

If your leash is too loose, your dog will easily be able to disengage with you and meander. We use the short leash as our distant early warning signal. By having the leash short, but not tight, you will know the second your dog becomes disengaged, excited, or is starting to escalate, which will allow you to have split second timing and awareness of your dog's state of mind changes. Also, if there is too much slack and you pop the leash, your leash will get most of the action, which dissipates the correction and makes you work twice as hard for half the results.

On the contrary, **if your leash is too tight (constant tension), this will negate your ability to have a conversation through the leash.** The constant tension will cause your dog to not be able to differentiate between corrections and when he is doing the right thing. This will cause your dog to simply disregard the leash and determine that pulling feels the same as not pulling. This will completely undermine the value of the leash and prong.

And, lastly, tension on the leash - except for instantaneous pop and release - will likely cause your dog to become more intense, agitated, worked up, and reactive. Constant tension equals bad things! Please remember that! :)

Pop Corrections:

Pop corrections will be an essential element to your success with the structured walk. We will be using this light and instantaneous communication through the leash to clearly share with our dogs what position we want them to walk in, as well as to manage and cultivate the appropriate state of mind.

A pop correction is quick and sharp, like a boxer's jab. You don't want to pull or hold your dog back, this will only make things worse. What we're looking for is an instantaneous communication through the leash (the pop) to our dog the second he crosses the invisible line we have in our mind for the heel position, reminding him that he needs to slow down (or speed up!) and return to the proper position.

The pop correction we prefer is more to the side than straight up or back. When you are walking your dog, you should use your wrist and arm to pop behind your rear as shown in the video. Your dog's head should be lined up with your hip bone, and his neck should be behind your rear.

The essentials to an effective leash pop:

- Utilizing a super-quick pop and an instantaneous release.
- Finding the right level of intensity of pop that matters to your dog. (Your dog will tell you when your pop matters to him - he will show you by changing his behavior.)

Remember! Please don't nag your dog with corrections that aren't significant enough to affect his state of mind. If your dog continues to pull, please up the speed and firmness of your pop. (**If you've shared what you feel are quality pops and your dog is still intense and trying to pull ahead, please move to 180's.**) Also, your dog's state of mind is fluid, and as the environment changes, his state of mind and intensity can change as well - please remember to be fluid with your pops and corrections in order to match your dog's elevated or less intense state. Sometimes you need more, sometimes you need less. Be tuned-in and sensitive to your dog and his state.

180s:

I use 180's after the leash pressure intro and pop corrections, if the dog is still too intense and determined to pull on the leash - this indicates his state of mind is still too elevated. The 180's are a great exercise for reducing intensity and creating handler value, as well as focus. Utilize the 180's technique as shown in the video if the dog continues to pull. Repeat the 180's until the dog begins to relax and focus on you. Once you achieve this better state, return to the leash pop/structured walk. Any time the dog returns to an elevated state and becomes unresponsive quality leash pops, return to the 180's exercise.

Using Space:

Be sure to use space as an ally when passing dogs or other objects that are likely to illicit a response from your dog - the closer the dog or object is, the more pressure your dog feels and the more stress that is created. If you are coming up on a more intense, reactive, snotty, pulling-on-leash dog, you will likely need considerably more space if your dog is struggling with reactivity issues himself. The first thing I do when approaching another dog when I'm working with a reactive dog is to assess the approaching dog and his/her owner. Is the approaching dog pulling? Is he on a short or long leash? Is the owner in control or is he out of control and freaked out? Is the dog barking and bratty and riled up? If yes, I will immediately decide about how much space I'll need to keep my dog and myself in a position to be safe and successful. Conversely, if the other dog is calm and sedate, and on a short leash, I likely don't need as much space to be successful. Always use space as your ally and pressure buffer. Over time, as you and your dog improve, you can slowly close the distances needed.

Correcting Away from the Target:

If your dog focuses on another dog, person, or any distraction, you will want to correct his head away from the target he is focusing on. That is, if he is focused on something to the left of you, you will want to pop the leash to the right as best as you can. It can be challenging if you are on the wrong side of our dog to correct away from the trigger comfortably, but in most cases with lighter reactions you will manage. If your dog is intense, it will be helpful for you to cross to the other side of him to gain leverage to correct away from the dog or trigger.

Correcting away from the target teaches your dog that you want him to look away from the trigger and focus back on the walk. By removing the eye contact (correcting away), you also remove the ability to escalate.

Problem Solving/FAQ:

My dog is rolling on the ground and biting the leash...

You may be using too much tension and pressure on the leash, causing your dog to become panicky or overwhelmed - focus on being more fluid, relaxed, and using only instantaneous pressure and instantaneous release, as opposed to constant pressure.

Also check in and make sure that you aren't frustrated or annoyed with your dog - often times with a prong collar, far less pressure than what you are used to is needed to influence your dog. Try going easier rather than harder.

You also may have a bratty, resistant dog who is unhappy about being told what to do! This will be up to you to discern which situation you have. If you're not sure and you feel in over your head, please consult a professional.

My dog is vocal with the prong collar on - am I hurting him?

Nine times out of ten, dogs vocalize because they are stressed and anxious, which causes them to be keyed up, and to vocalize at the startling feeling of the prong pressure. As your dog becomes less and less stressed through the process of training, the vocalizations will lessen. The prong pressure can startle your dog, but it won't hurt your dog.

My dog is dragging on the leash and doesn't want to move forward!

This can be a common issue at first with dogs as they are introduced to the prong collar, especially if they tend towards bratty and resistant. Many dogs will try different options to see if they can stop you from influencing them - just keep walking forward, applying leash pressure as you go (not pop correcting). Most dogs will unlock startlingly fast when they find out that resistance doesn't work.

My dog gets intensely focused on a dog or distraction and doesn't respond to my leash pops - what am I doing wrong?

Most likely you are correcting too late in the game - one of the most essential components of turning around any type of reactivity or focus issues on the walk is correcting at the split second your dog's demeanor changes. This means the split second your dog's ears go up, his forehead wrinkles, or he glances towards the target - the trick is to go firmer, *earlier*, with your corrections so that you can do less later.

Thresholds

The Basics: Thresholds are any entryway that leads to another location of value - the front door, the back door to the yard, the gate to the outside world, the car, the entrance to the dog park, etc.

The Rules: Your dog will pause at any threshold that you determine, and waits for permission from you to move forward through it. You do not need to put your dog in a sit, or walk out of the door first - we are simply looking for a polite, respectful moment in the face of something exciting.

Practical Uses: This exercise will insure that your dog doesn't drag you through thresholds, and isn't rewarded for practicing negative habits (reward being going on a walk, getting in the dog park, going out to play, etc). This can also help to establish boundaries at important entryways.

State of Mind Benefits: The threshold exercise is an opportunity to ask your dog to be calm, patient, respectful, developing and practicing impulse control, and deferring to you in the face of something that triggers excitement and enthusiasm.

Many dogs are intense about going out the door, so use this as a huge opportunity to adjust state of mind. We use this to break excitement and adrenaline, and create some handler value and respect.

This is also a good way to set the tone of leadership before the walk.

Think About It: If your dog can act without impulse control or respect and blow through something as seemingly insignificant as a threshold, why would he feel like he needs to practice impulse control when on a walk, in the face of bigger distractions and triggers? If you can't get your dog to be respectful and a calm in the smaller leagues of distractions, you can't expect him to be successful in the big leagues of distraction.

Keep Yourself SAFE!: If you have a dog that redirects either on you, or your other dogs, the sudden pop correction of Phase 2 could activate a negative response. ***If you are at all unsure about your dog's stability or your safety, please consult a professional before moving forward with this exercise.***

Phases of the Threshold Exercise:

Phase 1:

- Set up Position, walk up briskly to the threshold with no tension on the leash. Stop abruptly at the threshold, and add leash pressure upward to stop your dog from pulling through the threshold. This is not a pop correction - only leash pressure.

Release the pressure once your dog stops pulling. Say “Let’s go” and walk through the threshold.

- Do 5-10 more reps, or until your dog starts to tune in to the leash pressure and focus on you. **You may need far less or more repetitions, depending on your dog.**
- Don’t slow down or pull up on the leash prior to getting to the threshold - at this point, we don’t want to send your dog any clues that you will be stopping!

Phase 2:

- Set up Position, walk up briskly to the threshold with no tension on the leash. Stop abruptly at the threshold, and do a **pop correction**, quick and sharp. Once your dog looks to you for further guidance, say “Let’s go”, and walk through the threshold.
- We are looking for eye contact and state of mind shift - we want to relax, de-escalate him, and cause him to be more tuned in to us. Do 5-10 reps of this exercise - **you may need far less or more repetitions, depending on your dog.**
- Get to the point of no leash pressure at all when you get to the threshold - we want no leash pressure or pop correction needed!
- Continue the exercise, trying other thresholds that cause excitement, and make sure to go both ways through all the thresholds.

Problem Solving/FAQ:

My dog still walks through the threshold even though I’m popping him!

Your pop corrections are either not firm enough, or not sharp enough - you are likely pulling your dog back as opposed to popping on the leash. Increase the firmness as well as the speed of snapping motion/release of the pop correction - your dog will tell you when your correction is significant enough.

You could also be waiting too long to correct. You need to correct at the split second your dog starts to move through - don’t wait for him to get all the way through the threshold.

My dog already sits at the threshold before going out of the door when I say “Sit”, do I still need to do this exercise?

Yes. Just because the dog sits at the threshold does not mean that he’s in the state of mind that we are looking for. The goal of this exercise isn’t to spoon feed our dog a command, but instead to ask him to be present, aware, and accountable on his own when you stop at the threshold, without giving him any information.

My dog is respectful on the way back in from the walk, but not on the way out...

This is normal - going on the walk is exciting and they are filled with energy. You just have to work harder on the way out! Increase the firmness of your leash pressure or pop, depending on the Phase you are in.

My dog just pulls a little bit through the threshold, isn't this okay?

No. Remember this is for a state of mind shift, not just how it looks. Your dog should stop when you stop and not pull through at all!

Crate

The Basics: A crate can be a wire crate or a plastic kennel, *but we prefer wire crates!* It should be a comfortable size for your dog to stand up and turn around, but it does not need to be huge crate to make your dog more comfortable - in fact, more space creates more options, and more options can make your dog more anxious. You can put padding inside to make it comfortable, but make sure your dog isn't a destroyer or chewer. We want it to be a comfortable place for your dog to just sleep and relax.

An X-Pen or a dog run is not the same thing as a crate.

The Rules: Your dog should not charge in or out of the crate.

When your dog is in the crate, he should not be barking, whining, scratching at the crate, or exhibiting any other negative behaviors. Demanding barking should not be met with letting him out - you will just train your dog that barking and being a brat gets him what he wants! Let's not have that :) *Please refer to the Problem Solving chapter of this PDF to learn how to correct these behaviors.*

The crate should NOT be used for punishment, time-outs, and is not a replacement for Place command. It should be a place of calm!

Time spent in the crate is dependent on your dog's age and development - a puppy may not be able to be in a crate for more than a couple hours, while an adult dog can be in a crate 6-8 hours without a problem. *Check with your vet for specific recommendations.*

Practical Uses: The crate is a great management tool, and can be used any time you want to put your dog somewhere safe that you don't have to worry about him - when you are home and preoccupied with other things; when you are at work and don't want to worry about what your dog will get into; if you have friends over and don't want to be worrying about your dog, etc. Give yourself permission to not be in dog-land all the time! It's okay to put your dog in a crate.

Use the crate whenever you leave the house to keep them calm and relaxed; reduce pacing, nervousness, territorial issues, practicing nervous habits like barking at noises, worrying about when you are getting home, etc. Another healthy practice is having your dog sleep in the crate at night.

If you are experiencing any major behavioral problems, your dog should sleep in a crate at night.

State of Mind Benefits: The crate exercise is an opportunity to ask your dog to be calm, patient, respectful, developing and practicing impulse control, and deferring to you in the face of something that triggers excitement and enthusiasm.

For all dogs, it is beneficial to have a familiar place to hang out and not worry about the world. For nervous/anxious/fearful dogs, it limits options to help them not to feel overwhelmed and stressed by the world, and, for dogs with attitude issues, limiting freedom is essential to help with entitlement issues and adjusting attitude - the more real estate and freedom that your dog has, the more likely they are to develop entitlement and/or bratty issues.

Think About It: If you are a fearful, entitled, nervous, territorial, bratty, or aggressive dog who spends the day barking at the mailman or people and dogs walking by, fence fighting with the neighbor's dog, chasing squirrels, pacing anxiously, or destroying your house - it's very likely to create a ripple effect of stress that could exacerbate behavior problems in other situations and environments, and make training progress challenging.

Keep Yourself SAFE!: If you have a dog that's not completely stable or balanced, be aware that taking the dog out of the crate or putting the dog in the crate could be a more high pressure situation that could trigger resistance, or even a bite. *The smaller the space, the more pressure a dog feels, the more stressed the dog is, and the more likely the dog is to make a bad choice.*

If you are at all unsure about your dog's stability or your safety, please consult a professional before moving forward with this exercise.

Components of the Crate Exercise:

- Bring your dog up to the crate, leash short but not tight. Add leash pressure upward so that your dog pauses, and doesn't just charge in the crate - we want a polite, respectful moment from your dog. We want him to be able to do this eventually with no tension on the leash from you.
- Say the command "Crate" and add leash pressure/guidance into the crate to get your dog inside, closing the crate door.
- Step back and don't allow your dog to come charging out of the crate - if he tries, use the crate door to block his movement out. Try not to use spatial pressure - step back and allow your dog to make his choice!
- Once you decide to invite him out, take the leash, say "Let's go", and gently guide your dog out, no popping or correcting.
- Do 5-10 reps of going in and out of the crate until your dog is giving you a polite moment and not charging out of the crate or rushing inside. **You may need far less or more repetitions, depending on your dog.**
- Remember! When your dog is in the crate, don't approach the crate excitedly or with anticipation of getting him out - this will make it very hard on your dog to come out of the crate in a calm state of mind. This can also create separation anxiety.

- **If you are going to leave your dog in the crate unsupervised, you will take off the leash/prong.**

Problem Solving/FAQ:

My dog still charges out of the crate even after I have done the exercise multiple times...

You aren't being firm enough with shutting the crate door correction - make sure it's impactful! Let your dog tell you what level is significant for him.

My dog doesn't want to go in the crate!

Use firmer leash pressure to guide him in - hold the leash pressure on until your dog moves forward into it, and keep the leash pressure steady until he complies.

My dog whines/barks in the crate!

See Problem Solving section of this PDF!

Waiting for Food

The Basics: Waiting for food is a quick routine to maintain polite respectful behavior around feeding time.

The Rules: Your dog must wait for your to release to be able to eat - he must have a calm, relaxed demeanor, with eye contact, before being released.

Practical Uses: This creates a calm, relaxed environment around feeding time for both human and dog.

State of Mind Benefits: This exercise prevents rewarding pushy, excited, impulse-free behavior from your dog. It also cultivates high levels of impulse control, reminds the dog that resources come from you, and helps keep the relationship with you in proper balance. It can help prevent or deter early resource guarding.

Think About It: Teaching your dog to be calm and respectful in the face of what is one of the most significant excitement triggers is another highly valuable leadership and relationship conversation.

Keep Yourself SAFE!: Obviously any time when interacting with dogs and food, the risk potential is exponentially increased. ***If you are at all unsure about your dog's stability or your safety, please consult a professional before moving forward with this exercise.***

Components of the Waiting for Food Exercise:

- Put your dog in a sit - this can be in the crate or outside the crate.
- Hold the food bowl above his head and slowly lower it - if your dog goes in to take a bite, lift the bowl above his head, saying "No".
- Repeat this lifting and lowering until your dog gives you a polite moment of eye contact, and no movement towards the bowl.
- Once you get this moment and you feel confident that your dog knows what you are asking of him, set the bowl down. If he goes for it again, lift the bowl again and say "No".
- Remember to be patient! This will take as many reps as needed - every dog is different! Also, if you get a good thing the first time you do the exercise, you may still have to remind your dog what is expected by repeating the exercise at more meal times.

- Once you set the food down and he is giving you nice eye contact, not moving for the bowl, move your hand away - this should add some challenge for your dog! If he breaks, lift the bowl and say “No”
- Once your dog gives you the moment you have been looking for, with your hand away from the bowl, not hovering in his space - release with “Break” and allow your dog to eat!

Problem Solving/FAQ:

My dog growls/guards the food bowl...

Please consult a professional when dealing with resource guarding of any kind.

My dog won't give me eye contact or won't wait when I set the bowl down!

Be patient and continue the exercise until you get what you want - it can take a while with some dogs. Your dog is simply trying to learn how he gets the food - if you wait long enough, and are patient enough, he will eventually offer you eye contact and a courteous moment of waiting.

Sit

The Basics: We all know the basics of a sit! :) The sit is used for temporary anchoring of your dog.

The Rules: Once your dog is put in a sit, he cannot pop up out of it until you have released him or put him in another command (like a down). Your dog should be completely sitting - no half-sits allowed!

Even if your dog knows the command, make sure your dog learns to respond to leash pressure so you are able to enforce it if you need to. If you are out on a walk and you say “Sit”, you should be able to get him into it, even if you don’t have a treat or he’s highly distracted.

Practical Uses: The sit can be used at corners on walks, before feeding, giving a treat, going out of the door into the backyard, or any time you want your dog to be temporarily stationary.

State of Mind Benefits: This is just another time for your dog to practice listening and being tuned in to you!

Think About It: If your dog can blow you off for something like a sit, why would he feel the need to listen to you when you are trying to get him to not react to a dog or stop jumping on your guests? If you allow your dog to blow you off with any command or any request, even seemingly insignificant ones, then you are teaching your dog that listening is optional, and rules are to be negotiated.

Keep Yourself SAFE!: If you have a really nervous, uncomfortable, or highly-dominant dog, the leash pressure in this exercise could illicit a negative response in your dog. ***If you are at all unsure about your dog’s stability or your safety, please consult a professional before moving forward with this exercise.***

Phases of the Sit Exercise:

Phase 1:

- Get in your two-handed set up position, with the leash and prong on your dog. Switch your hand so you are holding the leash with your outside hand.



- Give command, simultaneously add gentle leash pressure up, and pointer finger/thumb finger pressure down on your dog's rear. Relax the leash, let go of the finger pressure, and give the verbal marker "Good" as soon as your dog's rear hits the ground.
- Give release "Let's go" and walk your dog around, out of and back into the exercise. Do 5-10 reps like this, using both finger and leash pressure. **You may need far less or more repetitions, depending on your dog.**
- The next part of this phase is to start to fade the pressure of your two fingers, and depend on just leash pressure. Do 5-10 more reps of Phase 1, fading the finger pressure.
- Once your dog is in the sit, use the 3 D's - put your leash in an upside-down L over his head, walk around him, adding distraction - petting, movement, etc - and make sure he stays put. If he gets up out of the sit, you will 1) Say "No"; 2) Give leash pressure up until he sits back down again.

Phase 2:

- Get in your two-handed set up position, with the leash and prong on your dog. Switch your hand so you are holding the leash with your outside hand.
- Give command - give it a moment, and if your dog doesn't sit right away, you will give a **pop correction** on the leash. Do not mark with "Good" if you have to pop correct! Only give the verbal marker "Good" if your dog sits on the first command "Sit".
- Remember to release with "Let's Go".
- Add more walk-around distractions, putting your leash in an upside-down L - increase rate of movement - higher speed, higher level of distraction. Do 5-10 reps of this exercise. **You may need far less or more repetitions, depending on your dog.**
- If she gets up out of the sit, you will 1) Say "No"; 2) Give a pop correction straight up; and 3) If dog doesn't automatically go back into the sit, use leash pressure to guide the dog back into sitting position

Problem Solving/FAQ:

My dog still won't sit when he's really distracted on a walk...

Your leash pressure needs to be firmer, whether doing steady leash pressure upward (Phase 1), or pop corrections (Phase 2).

My dog's rear doesn't hit the ground completely - do I correct for this?

Yes! We want your dog to be sitting completely - add leash pressure or increase your level of pop correction to cause your dog to sit all the way down.

Place

The Basics: Place command must be on a mat, bed, or blanket - anything that has a boundary. Do not use a large rug or anything too much bigger than your dog - we want to keep the real estate small.

The Rules: All four paws of your dog must be on the mat. The true rules of Place are that your dog can sit, stand, lay down, roll over, chew a bone, etc, but here at The Good Dog, we prefer to pattern your dog into downs on Place to further relax them.

Place can be done for any length of time as an exercise. The only way your dog can move off of Place is if he is released with “Let’s Go” (on, leash, walking with you),

“Break” (release command), or recalling him to you.



You put your dog in Place - if lays there on his own accord, he is not technically in Place - the value is in you putting him there, not him putting himself there.

Practical Uses: Place command allows your dog included in your life, but keeps him from being underfoot, getting into trouble, charging the door when guests come over, begging at the table, jumping on the furniture, jumping on guests, etc. You can have him in one spot without him roaming around the house getting into trouble.

State of Mind Benefits: Place command is like enforced doggie-meditation. By removing options, we remove the stress and anxiety that come from our dogs feeling responsible to assess and address everything that occurs in their environment. **In the grand scheme of things, Place command is the most valuable exercise in our entire training program.**

The benefits from utilizing long-duration Place command, and other duration work, are nothing short of profound. When your dog learns that he’s not only not responsible for what occurs in his environment, but is also not allowed to act upon his impulse, he learns to become more of a relaxed observer than an active participant in what goes on in the world around him. Everything from high anxiety, hyper-territorial behavior,

nervousness and/or aggression towards people, and major attitude problems (bratty, pushy, snotty behavior), can be massively impacted through this simple exercise.

Think About It: The dog in Place who would normally react to every sight and sound, but who now must maintain his position, is a dog who is practicing and cultivating impulse control at the highest level, and expending lots of mental energy, like you would if you were studying for a big exam. Initially it's mentally exhausting, and later it becomes mentally relaxing.

Keep Yourself SAFE!: In the corrective Phase 3, when your dog is intense about something (front door, people coming in, etc), the correction to a highly-agitated or overly-excited dog could cause a negative response. ***If you are at all unsure about your dog's stability or your safety, please consult a professional before moving forward with this exercise.***

Phases of the Place Command Exercise:

Phase 1:

- Get in your one-handed set up position. Approach the mat, pause about one foot away, using leash pressure to slow your dog down.
- Give the command "Place", and simultaneously walk the dog onto the place mat, aligning your body in the middle of the Place mat, using yourself as an anchor. Use leash pressure to slow your dog down in the middle of the mat, and mark with "Good" once all four paws are on the mat.
- Release with "Let's Go", and walk your dog off the Place mat.
- Go to the other side and do the same exercise back the other way. Do about 5-10 reps, from both sides of the mat. **You may need far less or more repetitions, depending on your dog.**

Phase 2:

- Get in your one-handed set up position. Approach the mat, pause about one foot away, using leash pressure to slow your dog down.
- Give the command "Place", and simultaneously walk the dog onto the place mat, moving past the Place mat, using leash pressure to slow your dog down in the middle of the mat. Mark with "Good".
- Release with "Let's Go", and walk your dog off the Place mat.
- Go to the other side and do the same exercise back the other way. Do about 5-10 reps, from both sides of the mat. **You may need far less or more repetitions, depending on your dog.**

- You will add light pop corrections for walking past Place after doing the 5-10 reps.
- Repeat the above, but add distraction - form and L with your leash and do walk-arounds, correcting with leash pressure if your dog steps off the mat. Do 5-10 reps of this - Remember to keep the leash relaxed when you walk around.
- In this phase, you will introduce Duration work - leave your dog in Place for up to an hour in this Phase while you are close by - cooking, working, cleaning, watching TV, etc.

Phase 3:

- Get in your one-handed set up position. Approach the mat, pause about one foot away, using leash pressure to slow your dog down.
- Give the command “Place”, simultaneously walk the dog onto the place mat, dropping the leash and walking past the mat, stepping away from the mat. Mark with “Good” once all four paws are on the mat.
- If your dog keeps walking past the mat, do your three-step correction system: 1) Verbal marker “No”; 2) Physical consequence - Pop Correction; 3) Guide them back to the mat and say “Place”. Make sure your pop correction is firm and meaningful! Your dog has had many repetitions at this point and knows what is expected of them!
- Release with “Let’s Go”, and walk your dog off the Place mat.
- Go to the other side and do the same exercise back the other way. Do about 5-10 reps, from both sides of the mat. **You may need far less or more repetitions, depending on your dog!**
- You will increase Duration in this phase, leaving your dog in Place for up to 2 hours while you are doing other things. Remember, if he breaks, 1) “No”, 2) Pop Correction, 3) Guide him back to Place. **Do not be frantic when doing this!** Take your time, be calm and fluid in your body movements, and make the correction count.
- Do walk-arounds, add the three D’s, and remember to increase your corrections if needed!

Problem Solving/FAQ:

My dog lays in his bed during the day - is this doing the Place command?

There is a big difference between you sending your dog to Place and him putting himself there - we want this to be a leadership conversation. The value isn't with him making the choice on his own - the value comes from you asking your dog to be somewhere of your choosing rather than him being somewhere of his choosing.

My dog's paws are off the place mat - is this okay?

We want your dog to be completely on the mat, not pushing the boundaries. Correct your dog accordingly, depending on the phase you are in, and reorient your dog on the Place mat.

Even after a lot of reps in Phase 3, my dog is still breaking and/or walking over the Place command...

If you haven't been moving too fast through the phases, and distractions, then most likely your corrections need to be firmer! Remember, let your dog tell you when the correction is meaningful and significant. How will you know? His behavior will change.

When my dog breaks, I say "No" and take him back to Place, but he always breaks again - what am I doing wrong?

Remember the three steps of correcting! Verbal "No", Physical Consequence, and guiding back to Place - if you skip step 2, your dog will continue to break. If you are doing all three steps and your dog is still breaking, your corrections are likely not firm enough.

My dog won't lay down on place, he doesn't look relaxed...

After you teach your dog the Down command, you can anchor him on Place by putting him in a down, which should help him relax.

Down

The Basics: The Down is an anchored position for your dog that can be done anywhere, no mat or bed needed. We can use it on Place command for extra anchoring.

The Rules: Your dog needs to be laying all the way down, committed to the position. There is no specific body orientation needed for our Down command - your dog can be in a relaxed position on his hip, does not need to be in a sphinx-style position).

Practical Uses: You can use the Down command while out at a cafe, in a park, in the house, in the backyard, on a hike - anywhere you want the dog to be anchored where there is no mat or bed present.



State of Mind Benefits: As there is no boundary in the Down command (like the perimeter of the Place command), it is harder and requires more brain power and impulse control for your dog to keep himself there. Like the Place command, teaching your dog to remain in the down command in the face of distractions and other possible excitement or stress triggers, is a fantastic way to create impulse control, respectful and deferential behavior, and a relaxed state of mind. The most profound benefits from the Down command

tend to come from extended duration work rather than quick-fire downs. We are not looking so much for competition-style obedience, we are much more interested in the state-of-mind benefits that come from our dogs remaining quiet and stationary.

Think About It: Motion is easy, stillness is hard! The typical reaction for dogs when they see, hear, or smell something is to act upon that stimuli - teaching our dogs to learn to disregard excessive external stimuli allows them to become calm, relaxed, and stress-free dogs.

Keep Yourself SAFE!: The down command can be one of the most challenging commands for dogs - stressed, anxious, nervous, fearful or strong-minded dogs could react negatively to the downward pressure on the prong. ***If you are at all unsure about your dog's stability or your safety, please consult a professional before moving forward with this exercise.***

Phases of the Down Command Exercise:

Phase 1:

- Get in your one-handed set up position. Put dog into Sit. Spin the prong collar so that the D-ring/leash is facing the floor. Keep the leash about 4-6 inches off of the floor.
- Pick up your inside leg, give command “Down”, and use gentle downward foot-pressure straight down on the leash. Hold the pressure until your dog lays down.
- As soon as your dog lays down, simultaneously release the pressure with your foot, and give the verbal marker “Good” once your dog lays down on the floor.
- If your dog moves out of the position, restart the process of applying pressure with a downward motion.
- Once your dog is in the down, release him with “Let’s go” and then restart. Do 5-10 reps of this exercise, or until your dog is lying down with little to no pressure.
Depending on your dog, you might need far less or far more reps with this exercise!

Phase 2:

- Get in your one-handed set up position. Put dog into Sit. Spin the prong collar so that the D-ring/leash is facing the floor. Keep the leash about 4-6 inches off of the floor.
- Give command “Down”, giving your dog a moment to comply. If he doesn’t, give a pop correction downward with your foot.
- In this phase, you will introduce Duration work - leave your dog in a Down for up to 1-2 hours in this Phase while you are close by - cooking, working, cleaning, watching TV, etc.
- Just like in Place, do walk-arounds, add the three D’s, and remember to increase your corrections if needed!

Problem Solving/FAQ:

My dog gets stuck when I do the foot pressure and will not lay down, almost like he’s stuck...

Keep the pressure steady, and wait him out. With some dogs it can take several minutes, but just be patient.

My dog knows Down with a hand signal, isn't this good enough?

We want to teach your dog Down with leash pressure so even if your dog is detracted or resistant, you can always have him comply with your command.

Behavior Modification/Problem Solving

Now that your dog understands leash pressure, and you are able to hold him accountable for these behaviors, let's go through some of the common behavior problems that clients ask us for help with on a regular basis:

Jumping:

- Have the leash and prong on your dog. Create the scenario that would cause your dog to jump - if there's a specific person that gets them riled up, or situation where they are really excited, set that up.
- Hold the leash in your hand with lots of slack - we don't want your dog to know that you are holding the leash. At the moment your dog jumps up, have both hands on the leash, overhand, and give a firm, sharp pop correction to the side, away from the target of the jump - you can say "No", but there does not need to be any corresponding command with this, just make it a firm correction.
- Immediately after the correction, have the target person go back to engaging with the dog - talking, touching, petting, playing, etc, to see if he will jump again. If he does jump, give another correction, but this time make it a little firmer.
- We want jumping up on people to very uncomfortable for your dog. Not only is it an annoying habit, but it can also be a dangerous habit, if your dog happens to knock over an elderly person or child.
- Remember that there is a surprise factor in this kind of correction, so don't be worried if your dog gives a vocalization to the pop.

Mouthing:

- Have the leash and prong on your dog. Create the scenario that would cause your dog to mouth.
- Hold the leash in your hand and engage in whatever behavior typically causes the mouthing - as soon as the dog begins the behavior, give a sharp, firm sideways correction away from the target of the mouthing.
- Immediately after the correction, go back to the behavior that caused the mouthing to see if it happens again. If it does, give another correction, but this time make it a little firmer.

Begging:

- If your dog is begging at the table or in the kitchen, you should be enforcing Place command during this time!

Barking (in the crate and otherwise):

Solutions for barking in the crate:

- 1) Do the crate exercise as shown in this DVD, and be sure to give your dog plenty of opportunity to bolt out so you get the opportunity to correct firmly with the crate door. Most dogs that are barking in the crate are in an agitated state of mind, and will try to bolt out of the crate when the door is opened.
- 2) Leash and prong on your dog, with the leash draped out through the crate - *only use this technique if you are present and supervising*. As soon as your dog begins to bark in a demanding fashion, use a firm, sharp leash pop correction.
- 3) Use a Pet Convincer - give a short, quick blast of air near your dog, **not in his eyes or nose**, when he barks.
- 4) Smack the crate with your hand for a jarring effect or do a crate earthquake - this is a brisk shaking/rattling of the crate.
- 5) Use a No-Bark collar - these are especially effective for barking situations that are occurring when you are not present. Please don't use any of the versions that they sell at big box stores, as we don't find them to be effective. Please check out our Links section for recommendations!

Barking in the house and other areas:

- Any dog that is in the training process should have a leash/prong on, so if there is any unwanted barking, correct firmly with the leash and say "No". If your dog continues to bark, increase the firmness of the pop correction.
- You can also use a Pet Convincer to stop any other barking.

Whining:

If your dog is whining in the house, in the crate, in the house, or anywhere else, do the same protocols as you would for barking - say "No" and give a quick leash pop. Remember, at the beginning of the training process, your dog should be wearing the Leash/Prong whenever you are present and supervising!

Counter Surfing:

- Have the leash/prong on your dog and set up a situation where he would jump on the counter - put out a yummy item, his food bowl, a treat, etc. If your dog won't jump on the counter when you are close at hand, use a 25-50 foot long line and attach it to your dog's prong collar. Hide out!

- As soon as your dog makes a move to jump up, give a sharp, firm pop correction with the leash - no verbal command or No needed! Just make it uncomfortable to ever jump on a counter.

Training Calendar

Remember! This is a basic guide - feel free to augment and change the order of things according your personal situation!

Day 1:

- Fit the prong collar - carabiner on, high up on the neck!
- Go through all of the **Walk** exercise.
- When you come back in from the Walk, do **Thresholds Phase 1**.

Day 2:

- **Thresholds Phase 1** - on the way to and from your walk.
- Go through the **Walk**, focusing on becoming more fluid on your motions.
- Start **Sit Phase 1** on the walk (at corners, etc), and inside your house.

Day 3:

- Start **Thresholds Phase 2**, both leaving and coming back from the **Walk**.
- Continue **Sit Phase 1** on the walk, and inside.
- Introduce the **Crate** exercise today!

Day 4:

- Practice the **Crate** exercise. Leave your dog in the crate for one hour today, while you are home.
- **Thresholds Phase 2** through all thresholds, and a structured **Walk**.
- Start **Sit Phase 2** today.

Day 5:

- Practice **Crate** exercise, leaving your dog in there for 1 hour.
- Practice **Thresholds** everywhere you see an opportunity.
- Your **Walk** and **Sit** should be great - if your dog is not sitting when you give the command, you need to increase your correction.

Day 6:

- Practice **Crate** exercise, leaving your dog in there for 2 hours.
- Practice great **Thresholds**!
- Do a couple structured **Walks**, with **Sits** at every corner.
- Introduce **Waiting for Food**.

Day 7:

- Practice **Crate** exercise, leaving your dog in there for 2 hours.
- Practice **Thresholds** and **Waiting for Food**.
- Do a couple structured **Walks**, with **Sits** at every corner.
- Start **Place Phase 1!**

Day 8:

- Practice **Crate** exercise, leaving your dog in there for 3 hours.
- Practice **Thresholds** and **Waiting for Food**.
- Do a couple structured **Walks**, with **Sits** at every corner.
- Start **Place Phase 2**.

Day 9:

- Your dog should be acclimated to the **Crate** enough to sleep there at night.
- Practice **Thresholds, Waiting for Food, Walks**, and **Sit**, as usual.
- Continue **Place Phase 2**.
- Start **Down Phase 1**.

Day 10:

- **Crate, Thresholds, Waiting for Food, Walks**, and **Sit**, just like yesterday!
- If you feel like you are ready, move onto **Place Phase 3**. If not, stay in **Phase 2**, but increase the 3 D's!
- Continue **Down Phase 1**.

Day 11:

- **Crate, Thresholds, Waiting for Food, Walks**, and **Sit**, just like yesterday!
- Start **Place Phase 3**, if you haven't already.
- Continue **Down Phase 1**.

Day 12:

- **Crate, Thresholds, Waiting for Food, Walks**, and **Sit**, just like yesterday! This should all be old hat :)
- Continue **Place Phase 3**.
- Introduce **Down Phase 2**.

Day 13:

- **Crate, Thresholds, Waiting for Food, Walks, and Sit**, as usual!
- **Place Phase 3**, upping the distraction levels.
- Continue **Down Phase 2**.

Day 14:

- **Crate, Thresholds, Waiting for Food, Walks, and Sit**, like an old pro!
- **Place Phase 3**, continuing to up the distraction levels.
- Continue **Down Phase 3**.

Once you have completed these 14 days, spend the rest of the month keeping up some version of the following day:

- Your dog sleeps in the crate overnight.
- In the morning, you put his prong collar on, while he is still in the crate, and guide him out with "Let's go".
- Go for a proper structured walk, being super awesome with the thresholds on the way out, and having him sit at every corner.
- Watch thresholds as you come back inside, and let your dog out in the yard for some supervised play time - throw the ball, let him run around, etc. Let him blow off steam and have some fun just being a dog!
- Bring him inside and put him in Place while you get ready for work/school/etc. If you are showering or running around getting the kids ready and can't keep eyes on him, put him in the crate!
- Before you leave for work/life outside your house, make him give you a polite moment in the crate before feeding him. Then he will sleep while you are gone.
- Later in the day, when you are home again, have your dog in command - either Place or Down - in the house (and don't forget to keep upping those distractions and challenges! Don't just do the easy stuff, you're dog won't grow!), having him practice duration for up to two hours. **This is the most valuable part of the training and rehabilitation process!** If you want the most out of your time training your dog, have him in Place or Down whenever you can, and do not allow him to wander your house! Remember, the more entitled and bratty your dog is the less freedom and wandering you should allow initially. This way he gets used to practicing impulse control, respectful behavior, and just hanging out while the world

goes on around him - this will create the relaxed, stress-free dog that you have always wanted who has an on and off switch - a dog who can relax on command, no matter what is going on, and also be playful and exuberant when released!

A normal day of life with your dog!

After your crucial training month is complete, and you are getting polite, courteous behavior from your dog in all respects, here is what a basic day should look like with your dog:

Two structured walks each day - duration of the walks should depend on your dog's energy levels and physical needs. Your dog will be practicing a calm, structured walk, adhering to all the rules, and sitting at corners.

Your dog will respect every threshold, not pulling you through doorways or gates - giving you a polite, courteous moment and waiting for your release to walk.

Your dog will wait for your release to eat his food.

Your dog stays in a crate while you are gone, and sleeps in the crate if necessary.

1-2 hours a day your dog practices enforced duration commands - Place or Down - while you are home supervising. This can be in the morning while you are getting ready for work/school, and during meal or TV times.

If your dog has zero behavior problems, he can be allowed on furniture and beds, but only with your permission. If your dog has behavior issues, allowing access to the furniture (couch/bed etc) will only create a bigger mixed message and confuse him, which will likely exacerbate the issues.

Links

Our website:

www.thegooddogway.com

The Good Dog Training and Rehabilitation's website:

www.thegooddog.net

Sean's blog - subscribe and check in for more juicy insights and posts!:

www.thegooddoglifeblog.com

Where you can order Herm Sprenger prong collars, leashes, etc!:

www.pawmark.com

Where you can order carabiners, Pet Convincers, books, etc!:

www.amazon.com

Contact us! We want to hear your success stories and/or challenges!

thegooddogway@gmail.com

Personal Development Resource List

Here's the top 20 guide to the book/audio/resource list! These are the tools that turned my life around. In just a few short years they moved me from total financial struggle, total lack of self-esteem, toxic relationships, angry/depressed/anxious state of mind, and overall darkness and disappointment to where I am now. You may not be in as deep of a fix as I was (and I hope you're not!), but regardless of what your current position is in life, these resources can help you achieve whatever dreams/goals you may have. If you're not absolutely, gobsmacked crazy about everything in your life, then you need to be investing a portion of every day to creating that reality. And here's the great news: believe it or not, that reality, having anything, being anything that you want is 100% possible and yours for the asking. If you'll start a daily habit of reading and listening to these life changing resources, even just 15-20 minutes a day (of course if you want to create magic sooner you simply have to devote more time to your personal work), and you do it consistently, your life will explode into change. If you do nothing else, at least pick-up the Art Of Exceptional Living cd's from Jim Rohn and watch the awesomeness begin! (This audio was the single biggest influence on me and what has transpired for me. And it needs to be listened to at least 10 times before you're really rocking with it.)

- 1) Art of Exceptional Living: 6 Disc set - Jim Rohn
- 2) Compound Effect - Darren Hardy
- 3) As a Man Thinketh - James Allen
- 4) The Success Principles - Jack Canfield
- 5) Psycho-Cybernetics -Maxwell Maltz
- 6) The Go-Giver - Bob Burg
- 7) See You at the Top - Zig Ziglar
- 8) The Slight Edge - Jeff Olson
- 9) The Power of Intention - Wayne Dyer
- 10) Shut Up, Stop Whining, and Get a Life - Larry Winget
- 11) Crush It! -Gary Vaynerchuk
- 12) The Little Gold Book Of Yes Attitude - Jeffrey Gitomer
- 13) Goals: 2 cd set - Zig Ziglar
- 14) The Icarus Deception - Seth Godin
- 15) How To Win Friends And Influence People - Dale Carnegie
- 16) Think And Grow Rich - Napoleon Hill
- 17) The Seven Spiritual Laws Of Success - Deepak Chopra
- 18) Why You're Dumb, Sick And Broke - Randy Gage
- 19) The Magic Of Thinking Big - David Schwartz
- 20) Rich Dad Poor Dad - Robert Kiyosaki

Also, these blogs and Facebook pages were easily as helpful as the above listed resources:

- Seth Godin's Blog

- Randy Gage's Blog and Facebook page
- Darren Hardy's Facebook page
- Bob Burg's Blog and Facebook page

P.S. Here's the big secret: not only do you need to start surrounding yourself with amazing influences in book/audio/internet/and in person form to start moving you in a different mindset direction, you also need to start eliminating or severely limiting your exposure to toxic negative, unhealthy influences (People, friends, family, co-workers, Facebook friends, books, movies, tv, news etc.) As you work to create a new, more powerful and healthy mindset you have to protect and nurture it. It's vulnerable and will at this stage be easily swayed into super negative land! So work to surround yourself with amazingness and to limit your exposure to non-amazingness. I went on a negative/toxic diet and it caused my journey to move at a much quicker clip. Your mind, and all the good or bad that comes from it, is simply the result of what it's been exposed to. Change what you expose it to and everything changes.

P.S.S. If you're overwhelmed by all these suggestions, start with Jim Rohn's Art Of Exceptional Living 6cd set (listen to it whenever driving or in the house - and listen at a minimum of ten times!), The Power Of Intention, Shut Up Stop Whining And Get A Life, and Randy Gage's blog (go back to his first post and read a new one daily). This will get you moving in just the right direction. These were the first ones that really started to change everything.

And remember, this stuff takes lots of work and commitment. I devote at least an hour a day to studying this stuff, but usually more. Consistency and determination count!!

Thank You!

On behalf of myself and Laura Morgan, I want to thank you from the bottom of our hearts for trusting us with your time and money. It truly means the world to us. We worked super hard to add as much love and care and detail in the presentation of this video as possible. From the additional on-screen text for teaching sections, to creating the special additional PDF, from choosing the very best locations for scenic awesomeness, to writing and recording original music to enhance the vibe, the goal has been for this video to be a special experience and exceed expectations for what a dog training video could be. We hope we've achieved that aim, and **we hope you'll achieve all of your goals with for you and your dog.**

Remember, just because the video is over doesn't mean our time together is over. We want to hear from you! We want to hear your victories and challenges, your questions and concerns. **You're officially a member of The Good Dog family, and we want to stay in touch. :)**

Have fun!!