

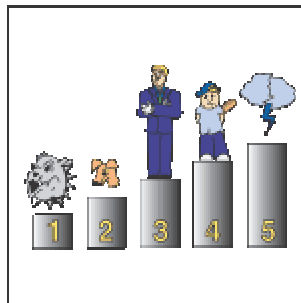
Fear



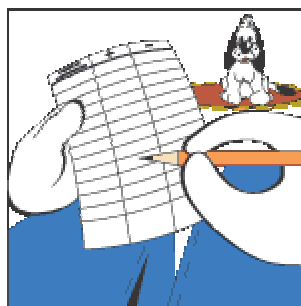
A fearful dog will tend to bark at the slightest threat, or anything he perceives as such. Some dogs will manifest their fear only outside, inside or both. Medication will often be required in addition to the use of behaviour modification techniques.

Fearful barking is frequently sustained and nervous. Conflict between two alternatives (flight or fight) interferes with the dog's internal equilibrium, causing barking.

TECHNIQUES TO APPLY



Procedures are based on a variation of the stimulation, its intensity, distance and environment. For further information on the use of medication, we suggest you consult a veterinarian. Initially, try to work on exercises to make your dog obey and relax ("Come – Sit – Stay"). These exercises will allow your dog to turn to you instead of continuing his barking. Start in a calm environment without distractions.



- 1- Establish an increasing order of stimuli causing an emotional reaction of fear. Evaluate all characteristics of the stimulus or situation. For example: Distance, noise, speed,

characteristics of people such as age, gender or height. Observe the behaviour of your animal. Also note environmental factors such as “inside” or “outside”, “familiar” or “unfamiliar”.

- 2- Now list these characteristics in order of priority, from the most to the least important. Stimuli triggering moderate or strong reactions in your dog must always be introduced last. Determine how much your animal is able to tolerate. Your starting point will be a situation that does not yet cause any negative response. For example, if your dog is afraid of men approaching closer than nine meters, you will start your training by introducing a man at a distance of ten meters.
- 3- Do not wait for these circumstances to occur by themselves. Always simulate the situation. This allows you to anticipate the precise moment to reward. This reward will generally be offered before and after your dog manifests bodily signs of fear. Various rewards may be used . Repeat the same situation several times in a row. Increase the level of difficulty after a successful attempt. Never push your dog too fast. If so return to the previous stage. However, your dog may often encounter these situations for real and without preparation. In this case, use a command or start playing and remove him from the situation in a positive way.
- 4- Subsequently, you will gradually either decrease the distance or increase the intensity and duration of the stimulation. Divide the exercise into situations composed of various levels of intensity, increasingly difficult, until you have reached an intensity close to reality. Take your time.
- 5- Once you have successfully modified his negative perception into a positive one, and your dog is more receptive to your demands, you may now introduce the device. Once the device is activated, use a command (“Come – Sit – Stay”) each time he receives the spray and reward his silence often while continuing his basic training.

