



**Your Roadmap To Grow Trust, Understanding And A
Brilliant Partnership With Your Sensitive, Anxious, Hyper
Or Reactive Dog**

*"The trust you create today will get you
the life you want."*

~Kathy Kawalec

"WHY Trust Over Training"

All relationships are built on trust, and we'll explore why focusing on building and protecting trust helps your dog to calm down, think, learn and cooperate.

This Love Trust Grow Challenge is all about getting clarity and confidence on the immediate next steps to take, based on where you are right now in your relationship with your dogs.

TODAY our focus is on WHY. As in WHY trust is so important, and Why trust is more important than training.

We're going to be planting your SECOND seed of trust ...which will be building on what we did yesterday ... adding in a layer of understanding between you and your dog.

There are 5 things you need to be providing for you and your dog ... that we are just not taught about, and yet are vital to a safe, calm and happy life...

These are:

- To BE SAFE
- To BE CONNECTED
- To BELONG
- **To BE HEARD**
- To BE HELPFUL

What it means TO BE HEARD:

- To be listened to without judgement about how we should be better or different ...
- To feel understood and accepted - as is, with all of our flaws, imperfections, history, bad habits ... all of it...
- To be loved, without condition ... without that love being dependent upon a specific behavior, or expectation

- To be considered Perfectly imperfect ... a beautiful masterpiece, even as we are a work in progress.

TODAY'S ASSIGNMENT

It's about practicing LISTENING more deeply. THIS IS A JOURNALING ASSIGNMENT to help open your heart and your mind to what your dog is communicating...

- Think of a struggle that you and your dog are experiencing... Can you identify where there is communication breakdown or a misunderstanding?

- Imagine what your dog might be experiencing when this happens. Write down the first three things that come to mind.

- Imagine how you can listen more closely to your dog's communication in this circumstance, and write down the first three things that come to mind.

- What 3 things will you do right away to begin to shift this struggle into trusting cooperation?



EXAMPLE ASSIGNMENT

It's about practicing LISTENING more deeply

- Think of a struggle that you and your dog are experiencing...Can you identify where there is communication breakdown or a misunderstanding?

My dog Rain and I are currently struggling with her response to dogs going past our fence. She runs to the fence and barks like crazy and won't come back when I call her.

I feel helpless, and frustrated that she won't respond, and I worry that the neighbors will complain.

- Imagine what your dog might be experiencing when this happens. Write down the first three things that come to mind.

I imagine that Rain is feeling vulnerable and trapped by the fence and worries about what the other dog's intentions are, and she goes on the offensive to keep them away.

I imagine that she doesn't come when I call her because she is in a 'red zone' and can't really hear me any more because she is so over-aroused.

Then I imagine that she feels only worse when she finally does come back to me because now I'm annoyed with her, adding to her stress.

- Imagine how you can listen more closely to your dog's communication in this circumstance, and write down the first three things that come to mind.

I imagine that when she is first aware of a dog coming to the fence, that she is asking for support for what to do, and I can notice that sooner.

I imagine that her anxiety is increased every time I call her in 'that' tone of voice.

I imagine that when she comes back, she is looking for comfort and reassurance, not a scolding.

- What 3 things will you do right away to begin to shift this struggle into trusting cooperation?

I can be out with her in the yard, and be more present to her first sign of stress. And try to connect to her by speaking calmly and confidently that we can stay connected.

I can stop trying to call her, if I know she won't can't come so I don't put any more pressure on her.

I can greet her with love and understanding when she does come back and then we can go and talk over what happened and what we can do next time.