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WHAT TRIGGERS THE BEHAVIOR?

1. Understand what the “trigger” is
2. Practice strategies to:
 1. Reduce the trigger
 2. Work around the trigger
3. Typically once the trigger is reduced and your dog understands how to behave around the trigger, leash reactivity no longer is an issue



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I. LOOSE LEASH WALKING

If the dog doesn't understand how to behave on the leash, leash reactivity isn't going to improve

My favorite method:

1. Walk around your yard with the dog and “click-and-treat” anytime they end up in the correct “position”
2. Attach the leash and let the dog drag it. Repeat #1.
3. Pick up the leash, repeat #1.
 1. IF the dog pulls, stop, “be a tree”
 2. If the dog KEEPS pulling, “be a tree” up to 5 seconds, then take several quick steps backwards and turn around to get the dog's attention and move them in a different direction
4. Repeat #3 in your front yard, then on your street, then move further out

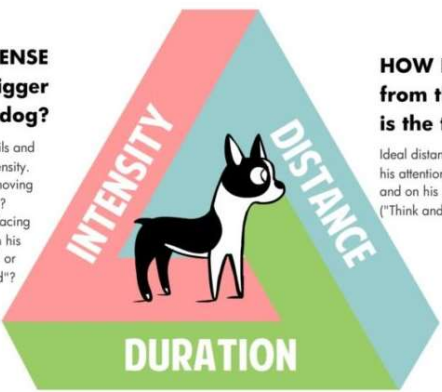
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QUICK NOTE ABOUT "HOW TO PRACTICE"

FIRST: LOW DISTRACTIONS
SECOND: HIGH DISTRACTIONS
THIRD: TRIGGERS FAR AWAY
FOURTH: TRIGGERS CLOSER

HOW INTENSE is the trigger for the dog?

Consider details and adjust the intensity.
Is the trigger moving fast/slow?
Is the trigger facing the dog with his "blunt end" or "pointy end"?



HOW FAR AWAY from the dog is the trigger?

Ideal distance: the dog can split his attention between the trigger and on his handler ("Think and Learn" zone)

FOR HOW LONG will the dog be asked to deal with the trigger?

Ideal duration: depends on intensity and distance.
When in doubt, keep it brief, listen to what your dog tells you.

Trigger is **TOO INTENSE** = increase distance + shorten duration

Trigger is **TOO CLOSE** = decrease intensity + shorten duration

Dealing with Trigger for **TOO LONG** = increase distance + decrease intensity

via Suzanne Clothier article on "Understanding Thresholds":
www.suzanneclothier.com/the-articles/understanding-thresholds-its-more-under-or-over

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PATTERN GAMES

WHAT ARE PATTERN GAMES?

- Routines or games used to address behaviors like reactivity or visual/auditory triggers
- Easy to do
- Help the dog ignore distractions

WHAT KIND OF PATTERN GAMES?

- 1-2-3 Treat!
- Scatter (feed)
- UP, down
- Ping-Pong
- <https://buildingbondstraining.com/wp-content/uploads/2020/01/Reactive-Dog-Pattern-Games-with-Links.pdf>

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“CHECK INS”

Unprompted attention

- Reward your dog any time they look at you
- Reward RANDOMLY (extremely important)
- Reward for “checking in” with:
 - LOW DISTRACTION ENVIRONMENTS
 - HIGHER DISTRACTION ENVIRONMENTS
 - TRIGGERS FAR AWAY
 - TRIGGERS CLOSER
 - TRIGGERS CLOSEST

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“LOOK AT THAT!”

Also called “I recommend this for everyone”



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“DEFENSIVE DRIVING”

3 techniques:

ARC-BY

U-TURN

CALL-TO-FRONT

- Over time, causes the dog to stop reacting so much to triggers
- Over time, gives the dog practice on how to deal with their triggers
- Should be done **IN CONJUNCTION** with “Look at that!” / desensitization

