

A stylized illustration of a white dog's face, possibly a pug, with dark teal eyes, ears, and paws. The dog is looking forward with a slight smile. The illustration is set within a yellow circular background.

# Happy Rescue Dogs

**WORKBOOK**

**Melting A Mountain**

# MELTING A MOUNTAIN

## COMMON PROBLEM BEHAVIORS

Plug in all of the behaviors that apply below into your Melting A Mountain Sheet

### Separation Anxiety Related Challenges

- Following you around the house
- Upset when they hear keys
- Sticky to your side
- Pees poops in house when left alone
- Extreme happiness (eustress) when you arrive home
- Relies on other dogs for comfort
- Panicky when you leave
- Drools in crate
- Destruction when you're not home
- Excessive barking when you're away
- Staring at you throughout the day
- Difficult time staying with someone else or walking away from you
- Breaks out of crate
- Pawing for attention

### Territorial Aggression Behaviors

- Territorial outside
- Territorial around their food with people
- Territorial around their food with dogs
- Territorial about their space
- Territorial of another person
- Territorial of another dog
- Resource guards toys
- Barking out window
- Pushy

### Food Related Challenges

- Excitement around food
- Resource Guarding food
- Excitement around feeding time
- Begging for meals
- Spins and barks when getting meals ready
- Won't eat (when you're not there)
- Picky eater
- Jumping on counters

### Fearful Behaviors

- Inability to relax because they're fearful
- Shy with people
- Reactive with people
- Aggressive with people
- Shy with dogs
- Reactive with dogs
- Aggressive with dogs
- Dislikes certain parts of the house
- Nervous licking / shaking
- Fearful outside won't eat
- Fearful of objects
- Fearful of locations
- Shut Down inside /outside
- Doesn't like to be touched
- Fearful of kids / babies
- Leash reactivity distress
- Change of location
- Tight spaces
- Grooming
- Spray Bottle
- Collar or Leash being put on them
- Whining
- Needy Pushy
- Won't go to the bathroom with human

### Noise & Vision Sensitivity Challenges

- People noises
- Wildlife noises and chasing wildlife
- Vacuum
- Household noises
- TV and Computer noises
- Cooking noises
- Skateboards
- Thunderstorms
- Car Rides
- Verbal Cue's (like wanna go for a ride? / walk?)

### Hyperactive Behaviors & Won't Listen

- Hyperactive around toys
- Hyperactive when playing
- Gets the zoomies
- Inability to relax because they're hyper
- Won't listen when aroused
- Plays rough with dogs
- Plays rough with people
- Excitability when greeting people
- Jumping on guests
- Exciteabilty when greeting dogs
- Leash reactivity (eustress)
- Rushing through doors
- Toy obsession
- Tail chasing
- Play biting
- Light chasing
- Gets into trash

# Rating Problem Behaviors

## 3 FACTORS TO CONSIDER

There are 3 factors that can help determine whether a problem behavior is low on the mountain or whether a problem behavior is high on the mountain

**1** Is the behavior easy to change, or is the behavior hard to change? Note: the hardest emotional states to change are stressed, panicked or fearful.

**2** Does the behavior happen when the dog is near us or when the dog is far from us (inside or outside of our sphere of influence)?

**3** What is the scarcity or predictability of the challenge that influences the behavior?

### Low on the mountain:

Behavior is **easy to change** because...

- In these moments, the dog will happily eat food
- The behavior happens near us (within our sphere of influence)
- The challenge occurs predictably (at a certain time of day)

### High on the mountain:

Behavior is **hard to change** because...

- In these moments, the dog won't eat food (Example: intense reactivity)
- Behavior happens away from us (outside of our sphere of influence when no person is around (Example: severe separation anxiety)
- The challenge occurs scarcely, randomly, or at unpredictable times (Example: Strangers, motorcycles, fireworks, vet visits, feral cats)

## Lower on the Mountain

## Higher on the Mountain

### Jumping

A dog jumps on its owner out of excitement. The dog is in a state of eustress when their person is home. The dog is in an appetitive state and would happily eat food.

Your dog jumps on the door when you leave the house. Dog is in a state of fear, stress and panic. The dog is in an aversive state, the dog would be much less likely to eat food and the dog is out of your sphere of influence.

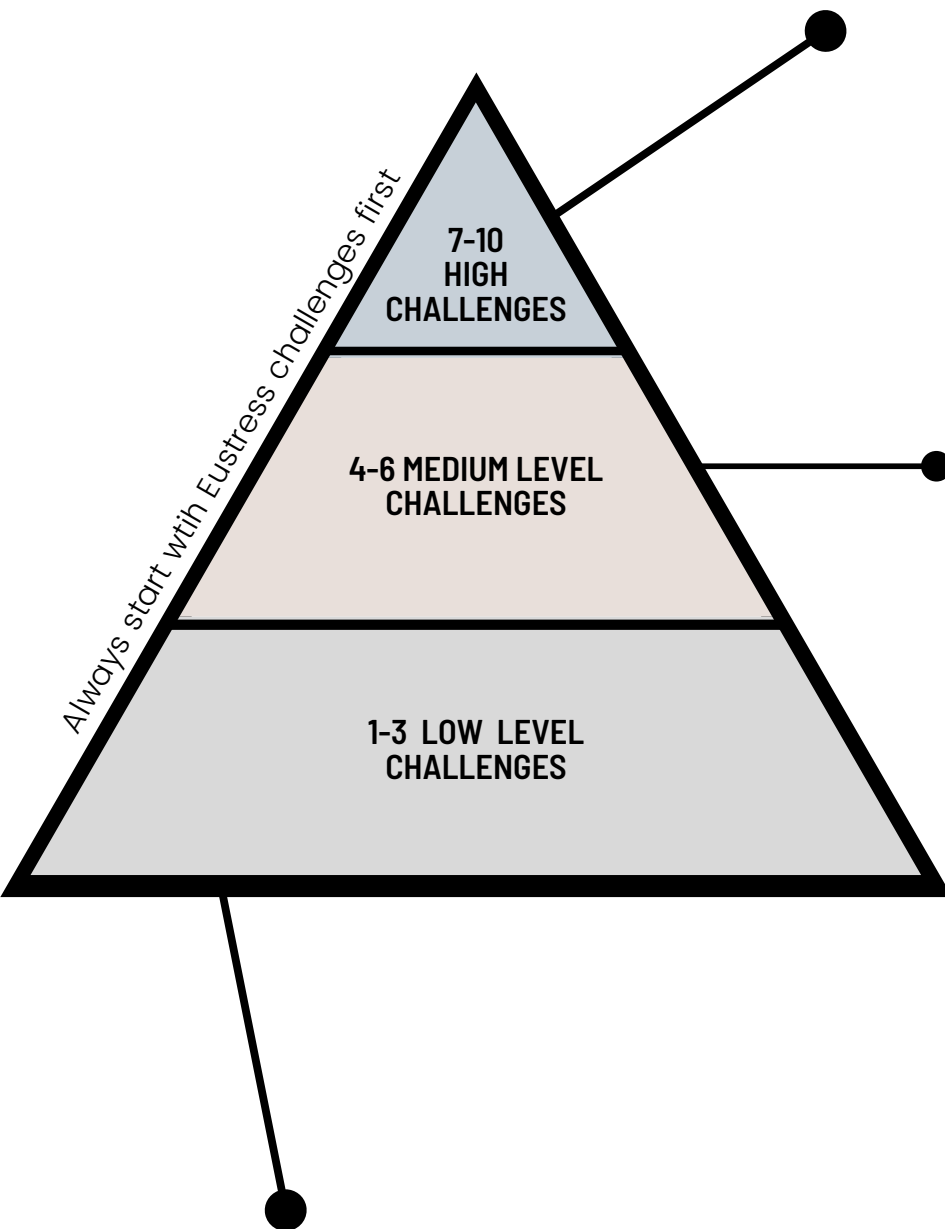
### Reactivity

A dog barks at the television while the owner is sitting in the living room and watching television. Dog is in sphere of influence behavior is predictable and dog eats food.

A dog runs out into the yard and is barking at the passing dogs, while running back and forth along the fence line. Dog is out of our sphere of influence, is less likely to eat and behavior is unpredictable.

# Melting a Mountain Sheet

## INTRODUCTION



# USING THE MELTING A MOUNTAIN SHEET IN DOGGIE MEDITATION



## **START YOUR BEHAVIORAL DOWN IN AREAS WITH MINIMAL FRUSTRATION**

When starting your Behavioral Downs always start in the easiest location. These will be in areas that your dog is relatively calm in. This helps to build a foundation of skill before moving onto your Low Level Challenges.



## **CREATE EUSTRESS FIRST**

Within those 1-3 Level Challenges work on challenges (in the easiest part of the house) that create eustress in your dog (excitable stress) first. It's easier for your dog to be successful if you first teach them how to relax when excited.



## **START RESOLVING EUSTRESS CHALLENGES FIRST**

Always resolve eustress challenges first before resolving distress challenges in each phase of the Melting A Mountain Chart.

# Target Lock

## BUILDING SKILLS

Each dog must first understand a set of basic skills before working at their most challenging environment or trigger. This is why Doggie Meditation is so important to focus on first. DM teaches emotional regulation and relaxation.

## FOCUSING TOO MUCH ON THE OUTCOME

Target lock is when you stop focusing on building the TBTE System's foundation of relaxation and mindset skills and instead focus on the dog's most reactive and pressing issue (ex. reactivity on leash etc.)

## CONS OF TARGET LOCK

Likely to use more punishment on your dog, create more stress and a pessimistic attitude in your dog.

## PROS OF TEACHING SKILLS FIRST

Makes your relaxation based training and rewards based training more effective!