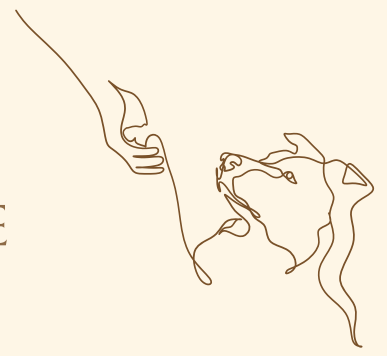


# WHY YOUR DOG'S STILL STRESSED IN THE CAR + THE FIRST THING TO CHANGE



If your dog still struggles in the car...  
even after trying everything → this is probably why.

**You might be reading this because your dog:**

- drools the entire car ride
- shakes or pants as soon as the car starts moving
- refuses to get into the car
- barks nonstop during the drive
- vomits after only a few minutes
- seems excited to go places — but panics once the car moves

**And you've probably tried things like:**

- treats in the car
- calming supplements
- medication
- more car rides to "get used to it"

...but nothing actually changes how your dog feels in the car.

If that sounds familiar, you're not alone.

Car anxiety is actually far more common than most people realize, especially in sensitive or rescue dogs.

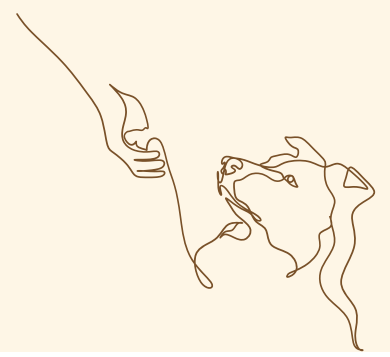
And many owners are told advice that unintentionally makes the problem worse instead of better.

**In most cases, the problem isn't the car itself.**

**It's that your dog's nervous system has learned:  
"this is not safe".**

**and until that changes... nothing else really sticks.**

# THE 3 MOST COMMON REASONS DOGS STRUGGLE WITH CAR RIDES



*Most dogs don't struggle with the car for just one reason.*

*It's usually a combination of patterns like these:*

## **1. Motion sickness → anxiety cycle**

Some dogs initially experience motion sickness.

After several rides where they feel nauseous or vomit, the brain learns:

*car = feeling sick*

Once this connection is created, the anxiety often begins before the ride even starts. The dog may start drooling, shaking, or resisting the car because their body expects to feel sick again.

## **2. Nervous system overload**

The car environment can be very stimulating for sensitive dogs. Inside a moving car they experience:

- vibration and movement
- engine noise
- changing visual stimuli outside the windows
- limited ability to control distance from things outside

For dogs with sensitive nervous systems, this combination can quickly push them into stress or panic mode.

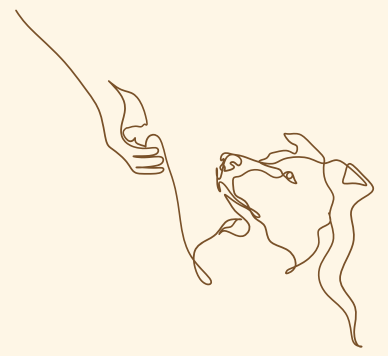
## **3. Anticipation stress**

Many dogs begin reacting before they even enter the car.

They may start shaking when they see the leash, the keys, or the car door opening. This happens because their body remembers previous stressful rides.

**And this is where most people accidentally make it worse.  
Not because they're doing something "wrong" ...  
but because they're missing one key piece.**

# WHAT ACTUALLY HELPS DOGS FEEL SAFER IN THE CAR



*One of the biggest reasons progress feels slow... is not because your dog “can’t handle the car” but because the process usually starts at the wrong point.*

For many sensitive dogs, progress happens in a different way.

Instead of pushing through the fear, the goal is to gradually rebuild safety and trust around the car first.

**This usually starts much earlier than most people expect.**

**For example:**

- how your dog feels just approaching the car
- how much movement they can handle *before* stress builds
  - not just the ride itself

When this process is done thoughtfully and at your dog’s pace, many dogs slowly begin to change how they feel about car rides.

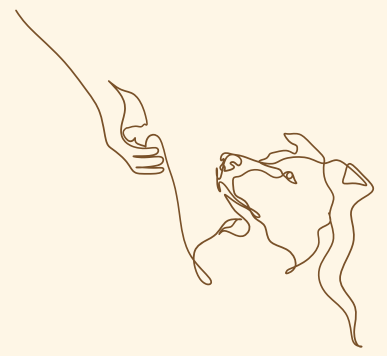
But the way you structure this process is what actually makes the difference.

And that’s when real progress starts to happen.

If you’re currently dealing with car anxiety with your dog, you’re not alone.

Many owners feel stuck or overwhelmed trying to figure this out.

# YOUR FIRST STEP: HELPING YOUR DOG FEEL SAFER AROUND THE CAR



For many dogs, the emotional response starts *before* the drive itself — which is why this first exercise focuses on helping your dog feel safer around the car before movement even begins.

I created a short tutorial showing one of the first exercises I often use with dogs struggling with car anxiety.

In this video tutorial, you'll learn:

- how to start changing your dog's emotional response around the car
- why we begin before the drive itself
- what calm engagement around the car actually looks like
- how to work below your dog's stress threshold instead of pushing through fear

Watch the tutorial here:

**\*\*[Click here to watch the video](#)\*\***



**And for many dogs, this is where real progress finally begins.**

**Car anxiety recovery is not about one “trick.”**

**It's about understanding your dog's nervous system and progressing in the right order.**

**That's exactly what I guide owners through inside Calm Car Dogs.**

**If you want support applying this step by step to your own dog, you can message me on Instagram for details about my current coaching program.**

