



FREE DOG OWNER RESOURCE

The 60-Second Dog Anxiety Check™

Find out if your dog may be experiencing separation anxiety in less than one minute.

If your dog follows you everywhere, gets nervous when you leave, or seems unable to relax when you're gone...

This simple check can help you better understand what your dog may be experiencing.

- ✓ No guesswork.
- ✓ No overwhelming advice.
- ✓ Just a clear starting point.



Helping overwhelmed dog owners create calmer routines.

www.fewpaw.com




Dog Anxiety Check



Check every statement that applies to your dog.

Answer honestly.
There are no right or wrong answers.


Honest answers help you help your dog.



1 Follows me from room to room.

2 Watches doors or windows when I leave.

3 Gets nervous when I grab keys.

4 Paces before I leave.

5 Whines before departure.

6 Cannot settle when I'm preparing to leave.

7 Barks when left alone.

8 Scratches doors or windows.

9 Destroys objects while alone.

10 Constantly checks where I am.

11 Cannot relax unless I'm nearby.

12 Becomes extremely excited when I return.

Each YES = 1 point

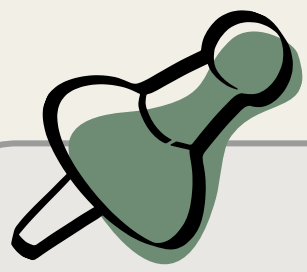
Add up your total number of YES answers and see your results on the next page.





Your Results

Take a deep breath.
This is not a diagnosis.
It's simply a starting point.

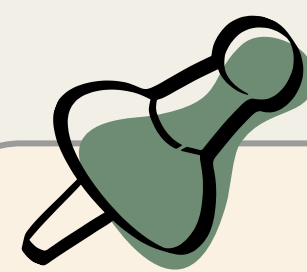


0-3 YES

Mild Anxiety

Your dog may simply need more confidence-building routines and gentle independence practice.

This is often the best time to build healthy habits and confidence.



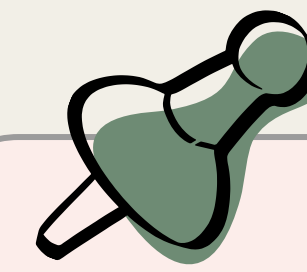
4-7 YES

Moderate Anxiety

Your dog may be showing noticeable separation-related stress.

This doesn't mean the problem is permanent.

Small, consistent routines can help your dog feel more secure when you're apart.



8-12 YES

Severe Anxiety

Your dog may be experiencing significant distress when left alone.

You are not failing your dog.

Many loving dog owners face this challenge.

With patience and structure, progress is often possible.

You are not failing your dog.

Many caring dog owners struggle with the exact same issue.

Calmer dogs often start with:



Consistency



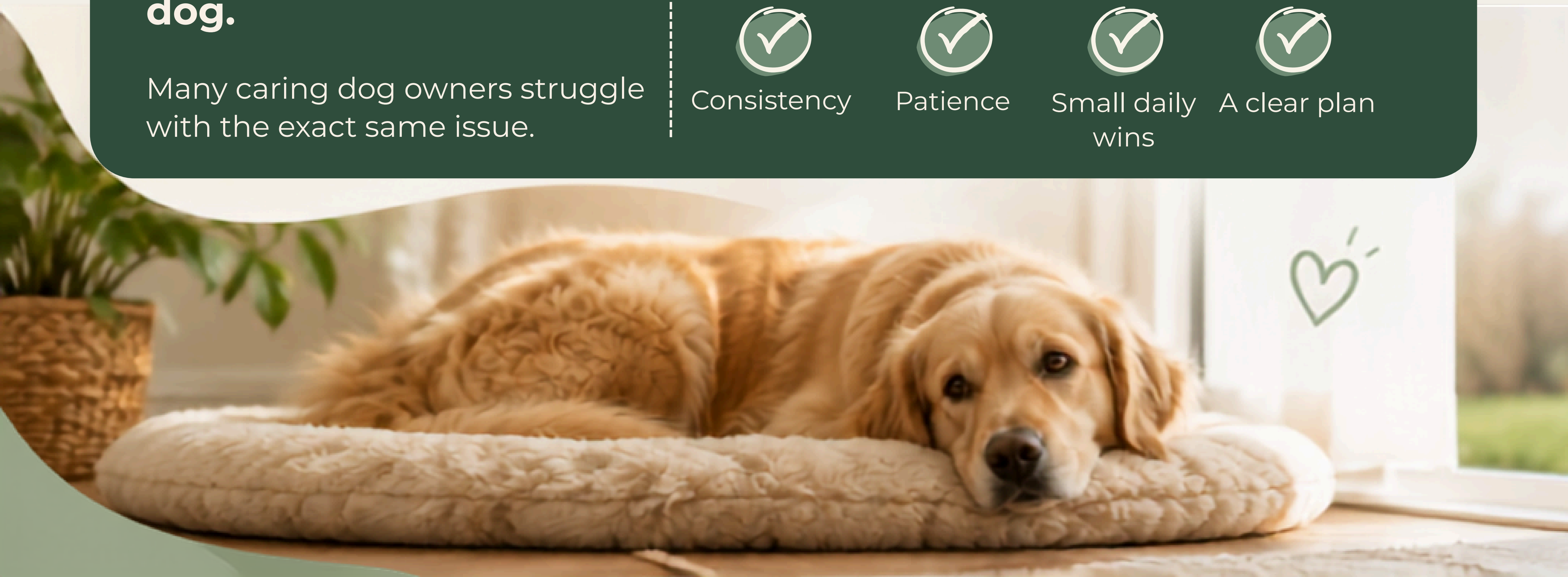
Patience



Small daily wins



A clear plan



The Calm Departure Checklist

7 simple things to do before leaving your dog home alone.



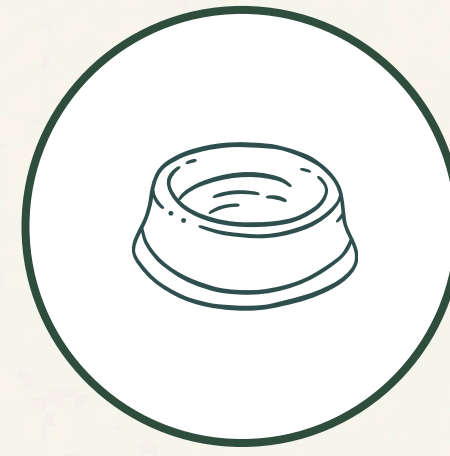
Small routines create big confidence.

A calm start leads to a calmer time apart.



1. Potty break

Give your dog a chance to eliminate before you leave.



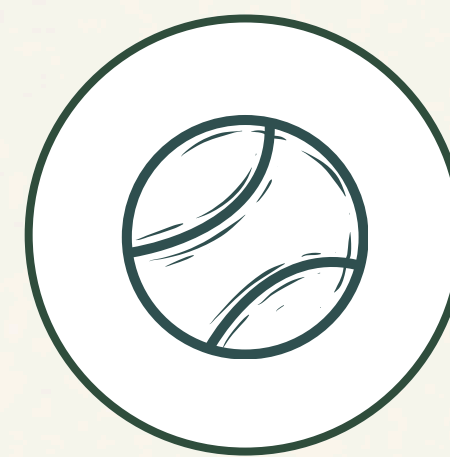
2. Fresh water available

Ensure clean, fresh water is always within reach.



3. Safe resting area ready

Create a comfortable, quiet place where your dog feels secure.



4. Leave a chew or enrichment activity

Give them something appropriate to keep their mind engaged.



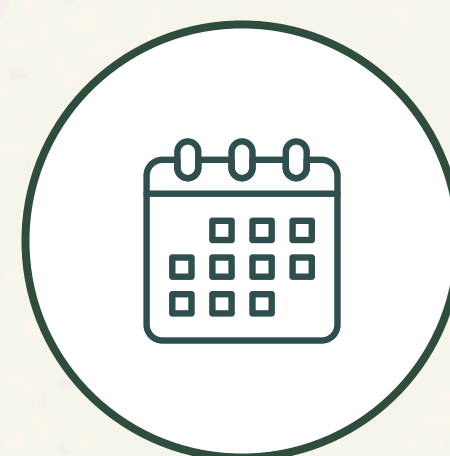
5. Keep departures calm

Avoid excitement or long goodbyes. Less drama, less stress.



6. Avoid emotional goodbyes

A calm, neutral exit helps your dog stay calm too.



7. Follow the same routine each time

Consistency creates predictability and builds confidence.



Consistency matters more than perfection.

Small daily wins build confidence, reduce stress, and strengthen your bond.

