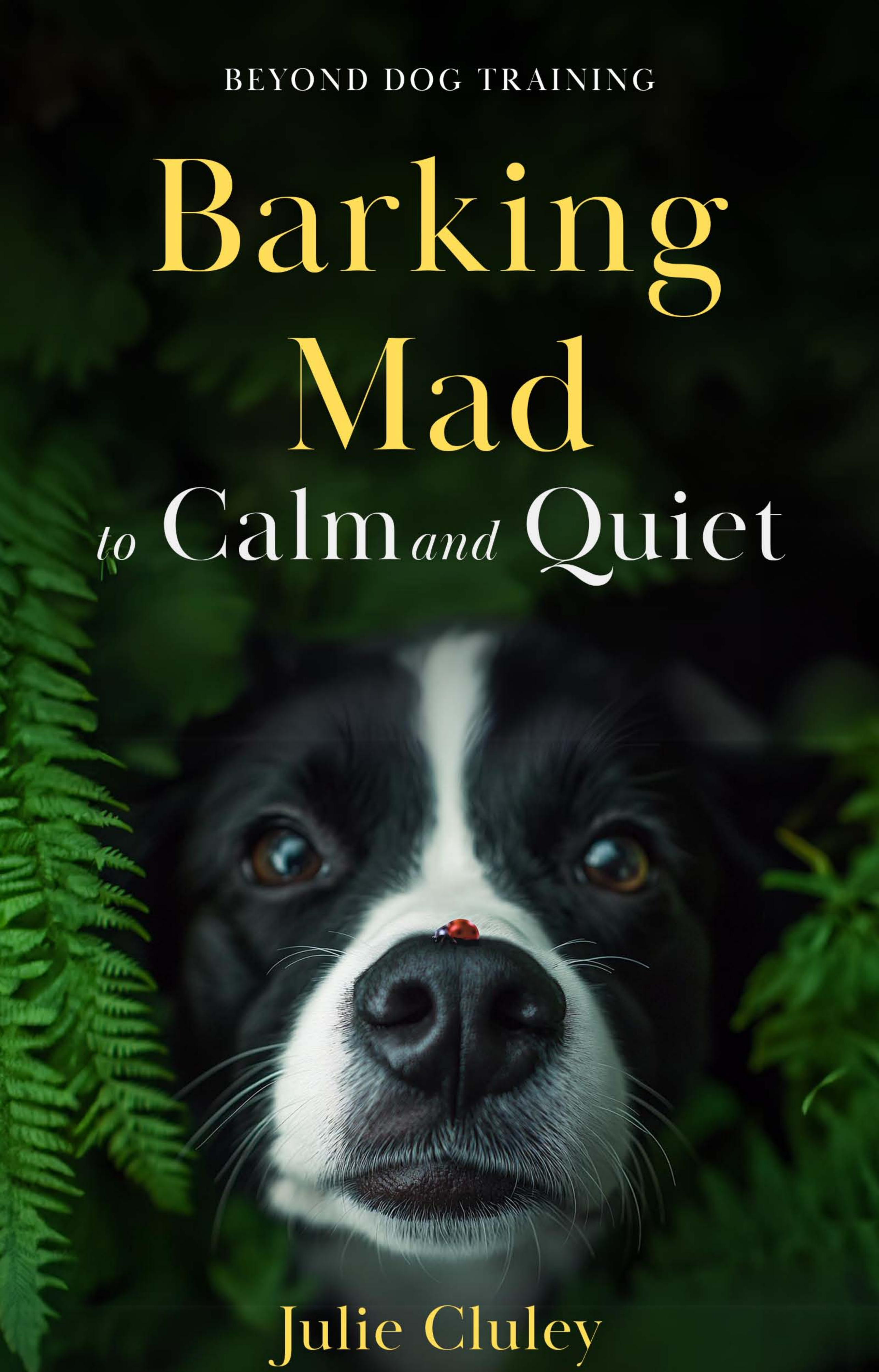
BEYOND DOG TRAINING

Barking Mad *to* Calm *and* Quiet



Julie Cluley

BEYOND DOG TRAINING

Barking Mad

to Calm *and* Quiet

Julie Cluley

Barking Mad to Calm & Quiet: *Beyond Dog Training*

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Disclaimer: The author makes no guarantees to the results you'll achieve by reading this book. All behaviour modification requires time, consistency and hard work. The results and client case studies presented in this book represent results achieved working directly with the author. Your results may vary while undertaking these behaviour modifications with no professional support.

Caution: Most dogs will resort to aggressive behaviour when backed into a corner or they feel their life is threatened. Please exercise caution and think safety first when introducing any behaviour modification to a dog's life. These tendencies can never be removed, however, The Peaceful Paws Framework will allow you to manage the environment so that this aggressive instinct is never called upon.

This book is dedicated to my friend,
colleague and mentor

Tony Knight

The Dog Listener

April 1970 to June 2024

'It's not what your dog does that's important,
it's what ***you*** *do .'*

ACKNOWLEDGEMENTS

Writing this book has been a deeply personal and transformative experience. For the first time, I've felt able to express—freely and fully—all that I've learned: from those early days of my initial training, through years of working closely with clients and their dogs, to more recently exploring the human element that inspired the creation of the **Peaceful Paws Framework**.

To my friends and colleagues in the **Calmer Canine Cooperative**—thank you. Your ongoing support, encouragement, and belief in this work have meant so much to me.

To my friends and mentors from the **3 Principles community**—I'm especially grateful. You've given me the language to articulate what I've always intuitively known to be true, and your insights were invaluable in shaping the chapters titled "The Power of You."

A heartfelt thank you to **Lucy Sheffield** and **Tina Konstant**—without you, I would never have got started. To my editor, **Meredith Trunket**—your kind and compassionate approach to editing helped me stay true to my voice while making the work stronger in every way.

To **Chanelle** and **Suzanne**—thank you for gently keeping me on track and motivated when I needed it most.

To my amazing daughters, **Eva and Lara**—thank you for your patience with my many hours of tapping away at the keyboard.

And to **Ben**, my love and grounding presence—this book would never have come to life without your unwavering support. Thank you for believing in me.

May these words ripple out in the same spirit they were written—in truth, love, and quiet knowing. To you, dear reader, and the dog who walks beside you—may this journey bring you both more peace, deeper understanding, and a bond that continues to grow.

FORWARD

Have you ever locked eyes with your dog and felt, in that instant, that they saw something in you - something deeper, more real - than most humans ever do? That knowing gaze. That quiet presence. That unwavering trust.

It's where it all began for me.

I didn't set out to create a podcast. I didn't have a grand plan when I started *Soul Touched by Dogs*. All I had was a lifetime of moments - those raw, soul-to-soul connections with dogs - that I could no longer ignore. Moments that told me, again and again, that dogs are not just our companions. They are our mirrors. Our healers. Our wisest teachers. And, often, the ones who love us into becoming who we're meant to be.

Reading this book, I see that same reverence in Julie's work.

Barking Mad to Calm and Quiet isn't about fixing dogs. It's about seeing them. Understanding them. Meeting them where they are, and learning to meet ourselves in the same way. It's about tuning in, not just to the behaviour at the end of the leash, but to the energy, the emotion, the story happening at our end too.

Because the truth is, every dog that comes into our lives is teaching us something.

Sometimes it's about safety. Sometimes it's about boundaries. Sometimes it's about joy, trust, or fear. And if we're willing to listen - really listen - not only do we begin to understand our dogs better, but we begin to hear something else too: our own

inner voice, long ignored beneath the noise of busyness, guilt, and trying to "get it right."

And isn't that what so many of us want? Not just to change our dog's behaviour, but to feel that we're in harmony with them. That we're finally understanding one another. That we can exhale, knowing we're not doing it wrong, not breaking our dog, not failing.

That we're just… learning.

What I love most about Julie's approach is that it doesn't ask us to do more; it invites us to be more. To be more present. More aware. More grounded. It's a shift from doing to being. From managing a dog to connecting with a soul. That's what the Peaceful Paws Framework is about. It's not a set of rules. It's a way of relating with clarity, compassion, and calm leadership.

And it works.

I've seen with my own dogs what happens when we start showing up differently for our dogs. The barking quiets. The reactivity softens. The tension in the leash (and in the heart) begins to melt. It's not magic. It's not dominance. It's a relationship. And it's the most powerful tool we have.

Julie gets this in her bones. You'll feel it in her stories, her guidance, her unwavering belief in both dogs and the people who love them. She meets you, her reader, the way she meets the dogs in her care - with warmth, with truth, and with a deep trust that change is not only possible, but natural, when we stop trying to force it and start letting it unfold.

And she does something else too. She removes the shame.

Because if you've ever had a dog that felt "too much" - too noisy, too sensitive, too reactive - you've probably felt like too much yourself. Too emotional. Too inconsistent. Too unsure.

Julie gently, lovingly, dismantles that story. She reminds us that our dogs aren't broken, and neither are we. There's just a misunderstanding. A disconnect. And the tools she shares are simple, elegant, and profoundly humane ways to rebuild that bridge. One kind choice at a time.

This book is an invitation.

Not to become a better dog trainer. But to become a better listener. A better leader. A better human.

To see your dog not as a problem to be solved but as a soul to be heard.

To see yourself, not through the lens of mistakes or frustration, but as someone capable of creating peace, starting right now.

And if you let it, this book won't just change your relationship with your dog. It will change you. Just as every dog in my life has changed me.

They've taught me patience when I had none. Courage when I felt small. Softness when I wanted to harden. They've taught me that presence is the greatest gift we can give another being, and that true leadership starts with understanding, not control.

Julie understands this because she's lived it. This isn't theory, it's practice. It's not about impressing anyone. It's about restoring something sacred between us and the animals who walk beside us, sleep at our feet, and wait faithfully by the door each time we leave.

And when you see your dog that way - as a soul, as a teacher, as an ally - something profound happens. You begin to rise to meet them.

You become more grounded. More clear. More kind.

You become someone your dog can trust, not just obey.

Someone your dog can rest with, not guard against.

Someone your dog can follow … not out of fear, but because they feel safe.

So, as you turn these pages, I hope you'll do so not just with your mind, but with your heart.

Let Julie's words sink in.

Let your dog's presence guide you.

And let yourself be touched, not just by the wisdom in these pages, but by the soul sitting at your feet, waiting, always, to connect.

With love and respect,
Anke Herrmann
Founder, *Soul Touched by Dogs*

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THERE'S HOPE!

'No matter what age, breed, or size your dog is, this works.'
–Tony Knight

Before we get started, I want you to know that there is hope that the undesirable behaviours you are experiencing with your dog can change. Since 2006, my colleagues and I have witnessed almost every breed, every size, and every age of dog go from 'barking mad to calm and quiet'. It really works for all dogs. However, in all honesty it doesn't work for all 'owners'!

While reading this book, and if you so choose, taking part in the experiment in Section 3, you will find out if the Peaceful Paws Framework is the right thing for you to help your dog.

This book is an opportunity for you to learn, understand and experiment with the Peaceful Paws Framework for yourself.

Don't believe me? Try it for yourself.

Throughout this book, I will refer to *your dog's undesirable behaviour.* What this actually means is any behaviour your dog is displaying that you want to change. Here are some common examples:

- Barking excessively
- Overreacting by pulling, lunging, growling towards other dogs, people, cars, the postman, house visitors, the TV, or sometimes even a leaf that moves in the wind

- Barking in the car
- Howling and/or destroying the house when you leave them alone
- Hyper-vigilant on walks
- Unable to relax at home
- Pulling on the lead
- Ignoring your recall requests
- Toileting in the house
- Digging up your garden
- Becoming overexcited, jumping, or growling around children
- Any other behaviour that *you consider undesirable* dog behaviour.

This list is by no means exhaustive; please include anything you have going on for you and your dog.

It is worth noting at this stage that undesirable dog behaviour is actually *normal* dog behaviour, given your dog's thinking and the environment they have found themselves in.

I would love you to know that your dog's undesirable behaviour is not happening because they are naughty and they want to cause you stress and upset. (Although I do understand this is exactly what it feels like right now!) Your dog is behaving like this because they are feeling confused, worried, anxious and are *living in a world they do not understand*.

Read that again. It's really, really important you understand that your dog is not doing any of it just to upset you.

When I am working with clients, I have seen time and time again this simple change in understanding completely changes the energy of the situation. Now all their efforts come from a calmer, kinder, gentler place. You would not be reading this book if you were not ready to find new ways to help your dog. I want to reassure you that for my part, everything I will ask of you is gentle, kind, and for you and your dog's best benefit.

I know you can help your dog live their best life.

Everything in this book has been tried and tested over and over again by myself and my colleagues. The original body of work that inspired me to create the Peaceful Paws Framework is outlined in the book, *The Dog Listener* by Jan Fennell. I was so inspired I very soon qualified as a Professional Dog Listener after completing both the Foundation and Advanced training with Jan Fennell and her son Tony Knight in 2006.

In 2014, I left the Jan Fennell organisation to continue my professional development with her son, Tony Knight. Since then, I have continued to develop and improve my knowledge and understanding as a Dog Listener, greatly supported by Tony as part of the Calmer Canine Cooperative, until his tragic and sudden death in June 2024.

The Peaceful Paws Framework ***is based on the understanding that your dog views you as part of their pack.***

Now, before you close the book and think, 'Oh here we go, another book on pack theory that's all been debunked already', bear with me. Remember, **try it for yourself**, please don't just believe me.

The Peaceful Paws Framework requires NO MORE TRAINING. What I will ask you to do is to change the way

*you are **being** with your dog.* Once your dog starts to receive the correct information from you, your dog will relax and be able to process the information and make decisions using their own self-control. After all, we know self-control is the best form of control.

It's just not possible for a relaxed dog to bark madly, or react badly to certain situations and cause chaos at home.

Relaxed dogs are so easy to be around; they are responsive to your every whim. This means you can take them anywhere you want and enjoy their company without any angst or embarrassment.

I want you to know that any and every dog—including yours—can go from stressed out to stress-free with this simple and kind framework. You don't need to rely on more training or another gadget to be able to help your dog. All you need is a basic understanding of how your dog feels in these stressful moments and be open to trying something you have not done before.

I'm going to be upfront and honest with you. Some of what you read in this book might not be what you want to hear. Who really wants to know that their dog is not being naughty?! It's much easier to blame your dog. No one wants to hear, 'Your dog is actually crying out for help, feeling fearful, anxious and unsure of their place in the world'. No one.

As a loving human dog owner, that does not feel good. It means looking in the mirror and taking a moment to realise that your behaviour is partly to blame for this. However, I am not here to judge you, no no no. I am 100% sure that you have been doing the best you can, given the thinking and understanding that

you have right now. I am way more interested in sharing with you how fabulous this news actually is. Now you know that you are at least part of the problem, you know you are also at least part of the solution. Fantastic!

This realisation was a light bulb moment for me, it made me cry and gave me hope in equal measure. Knowing I was part of the solution gave me the impetus to make the changes required to help my dog.

Something needs to change.

'The definition of insanity is doing the same thing over and over again and expecting a different result.'
–Albert Einstein

When it comes to dog behaviour, and contrary to what you have likely been told before, doing less is way more productive than doing more…

A stressed out and anxious dog needs less, not more stimulation.

You know this book is the one for you if any of these statements resonate for you:

- You're embarrassed on a walk with your barking, reactive dog.
- You can't take your dog anywhere you want to take them.
- You cry with frustration, because no matter what you do, you aren't getting results.

- You get angry and blame your dog (even though you know it's not their fault).
- You get frustrated that your dog goes barking mad when someone rings your doorbell.
- You feel sad because you want to help your dog, but just don't know where to start and all the advice is conflicting.

So now that you know you are in the right place, let me be really clear: if you only *read* this book, you probably won't get any results at all. This framework needs action and change on your part.

If you do follow the framework in this book, these are the results you can expect.

- A calm, quiet dog at home.
- A dog that is responsive to you on a walk.
- A dog that doesn't react badly to their fearful situations.
- You will know what to do if you do find yourself in an uncomfortable situation with your dog.
- Confidence around dealing with other dog owners.
- Ability to identify the cause behind the barking and reactivity and know exactly what to do next.
- Be able to take your dog anywhere you want to take them.
- Harmony in your home, no more arguing about the dog.

The Peaceful Paws Framework holds the solution to **all** undesirable dog behaviour problems.

To make sure you get all the information you need, I've divided the book into three parts:

Part 1: The Problem - This is where you can check out if the Peaceful Paws Framework is the right one for you. You'll self-assess your situation and your dog's behaviour so you can target your own results. I even have a Dog Self-Assessment to be completed by your dog… well not exactly, *you* can complete it but it needs to be done as if you are walking in your dog's paws.

Part 2: The Solution - You are going to love this section. This is your step by step guide, BUT don't be tempted to skip ahead. The juice is in really understanding your own situation and problem first.Okay? Just trust me on that…

Part 3: The Experiment - This is my favourite bit; I love to experiment—it's in my human design. It's the time to make changes, have fun and get your desired results.

I would highly recommend reading this book in its entirety and in the order I have written it. It's been designed in a specific way to help you not just make practical changes. It's structure also gives you the best chance to enjoy those 'aha moments' that will shift your mindset and make the practical changes feel light and easy to practise every day.

'The devil is in the detail.' - Hayley Wright

Trust in the framework.

If you get nothing else from this book, I would love you to know your dog is not broken, even if they have experienced past trauma and even if it feels like you have tried everything

to fix them. When you really think about it, of course what you have done before has not worked. How could you possibly fix a dog that was never broken?!

It's all just a simple miscommunication.

The solution I share with you in this book will allow you to understand why your dog behaves the way they do. Remember,'bad behaviour' is actually normal behaviour given their situation and environment. I will then share exactly ***how*** you can create a world for your dog so they are able to experience a stress-free life in harmony with you, their human family.

If you like what you read in this book and would like my help to bring Dog Listening alive in your home to enjoy a calm and quiet dog as quickly as possible…

You can book a call with me here.
www.juliehelpsyouhelpyourdog.co.uk/chat

Peaceful paws always,

Julie x

P.S. *Please note, in this book, I am talking about the training of pet dogs in a domestic environment.*

Training for specific roles like police dogs, sniffer dogs, guide dogs, hearing dogs, sheep dogs, etc. require very specific training techniques and conditioned behaviours that are not addressed in this book.

My experience of these types of working dogs is that when the Peaceful Paws Framework is applied ***before*** *and kept up during the specific conditioning training for a specialised role, then the job of the trainer and/or handler will be significantly easier. This is because they will be*

working with a calm, quiet and responsive dog rather than having to use the specialised training to get the dog into a responsive state.

All the advice and recommendations in this book assumes that there are no veterinary issues for your dog. This book is not a substitute for veterinary health advice.

PART 1

THE PROBLEM

CHAPTER 1

You're Not Alone (No Matter What Instagram Tells You)

I see these 'my dog is perfect' stories almost every day on social media and it can feel very isolating. Remember, people only put up cute pictures of their dogs on Instagram. It can really feel like you're the ONLY ONE with a problem dog. Everyone else got the easy, calm dog that walks beautifully on the lead and doesn't overreact, ever. You can leave them at home and take them anywhere. They love every other dog, person and oh yes 'my dog is great with kids'. Growl? Never. My dog would never do that. This is what social media would have you believe. I am here to tell you, that dog does not exist; they would be a robot!

Dogs are, by nature, beautiful, calm, relaxed souls but they are not robots and as such we need to get to know them, understand them, and create an environment that suits each dog's personality.

My own dog, Fudge, taught me all about accepting the dog that I have, not the one I had created in my mind!

Fudge hated the beach. I love the beach. I had dreams of long walks on the beach with her as per the pictures I have seen on social media. I honestly thought all dogs would love the beach. Not true. I had to adapt my expectations and take her needs into consideration.

Our favourite walks together were always in a forest environment. This is where she was most relaxed and most responsive. I think this is because there are lots of trees and places to hide, so she felt safe and less vulnerable, while the big expanse of beach with no place to hide and generally lots of other people and dogs was just too overwhelming for her. I only ever lost her once in the forest. She and I were both distracted and when I realised she wasn't around, I headed back to the car. There she was, waiting for me. Admittedly, there was about 15 minutes of panic—mine, not hers! She knew exactly what to do. She was a super smart dog.

A little bit about my own journey from pet dog owner to writing this book.

I was having issues with my first dog, Pepsi. She pulled on the lead excessively and developed severe separation anxiety after her brother died when they were just 2. She also started to become aggressive with other dogs around the time I became a dog walker. After being given the book, I mentioned earlier, *The Dog Listener* by Jan Fennell, everything started to change and improve. Pepsi was already 7 when I changed careers from Event Management to Professional Dog Listener. It's true you can teach an old dog new tricks!

I spent the first 16 years of my Dog Listening career working with clients 1-on-1, by visiting them in their own homes or delivering group, in-person dog education classes.

During the lockdown in 2020, I moved my current clients online. The results for them were so good that I started to educate and support all of my new clients virtually.

Although l do offer the occasional in-person, 1-on-1 consultation, which I still enjoy, I came to realise that insisting I must visit the dog implied I didn't believe my clients! I don't need to see a dog lunging, barking, or growling to be able to help. I believe my client's assessment of the situation. I also realised that me visiting an already stressed dog would often only add to the stress of the situation.

When my clients and dogs are working with me from the comfort of their own home via Zoom, they are more relaxed and comfortable, which makes for a much better place from which to learn from.

I started to test the results of working with clients not just 1-on-1 online, but in a group online environment. Again, the results were fabulous, as I could see people learning from my conversations with others. Sometimes it's easier to hear things when they are not directed towards us.

In order to get rid of your dog's undesirable behaviours, it's important to understand your part in the current behaviours. It's important to work with both ends of the lead.

During the first 10 years of my Dog Listening career, my clients achieved some fabulous results. However, I had always felt there was a piece missing. I couldn't quite put my finger on it. In practice, it took my clients a lot of willpower to achieve calm and consistency when practising 'the 4' and many found the changes hard to make. It just felt a bit of a slog.

I started to become frustrated as I felt responsible for my clients' results, as though ***I*** could actually facilitate change for them. Sometimes, my clients would only practise bits of the framework and would often struggle with 2 key areas. First, giving their dog a break, and second, not making eye contact - especially during the greeting process. I couldn't understand why they would not just change their behaviour and get the results.

At this stage, Dog Listening had taught me enough to know that the issue was not them, but me! I knew that it was impossible to change your dog's behaviour without changing your own. Ah-ha, my light bulb moment. 'It's impossible to change my clients' behaviour without changing my own…!' That was the missing piece.

It was around this time, when I was feeling burnt out, frustrated and overwhelmed myself, that I felt very fortunate to have bumped into the understanding known as 'The 3 Principles of Mind, Consciousness and Thought' as pioneered by Sydney Banks. I was so taken by the transformational element of his work that I signed up as a student of Nicola Bird of 'A Little Peace of Mind'* and worked through a year-long training programme, including 70 plus hours of coaching, to become qualified as a 3P practitioner.

This has been a real game-changer. It fundamentally changed the way I deliver the Dog Listening information and facilitate transformation for the dogs in my clients' lives and their homes.

I have combined all my training with dogs and all my training with humans to create and deliver the Peaceful Paws Framework.

The Peaceful Paws framework is not just, 'Here's 'the 4', go and implement it'. Although that does work and does get results, we humans are much more complex than that. The Peaceful Paws framework is designed to be simple and easy to implement. No more slog or willpower required. I recommend that if it doesn't feel easy, there is more to see; take a step back and get creative. I know you love your dog and when you come to my framework from a compassionate place and truly want to do what's best for your dog, implementing 'the 4' becomes very easy. It becomes a way of life with no more training required.

CASE STUDY 1 - KATHY WITH WILF, ENGLAND

Kathy is a dedicated member of Peaceful Paws who lives with her husband and their dog, Wilf. She joined our community about 6 months ago when Wilf was just over a year old, hoping to address his reactivity, fussy eating habits, and generally hyperactive behaviour.

Before coming across The Peaceful Paws framework, Kathy had already tried three different trainers, including a boot camp in Wales. She was at her wit's end, searching for ways to work with Wilf when she stumbled upon my free three-day Facebook taster session. The methods immediately resonated with her, and she's never looked back since.

Wilf's challenging behaviour had begun to take an emotional toll on Kathy. She was doing her best to be a responsible and attentive dog owner, but the stress was mounting, especially since she was managing Wilf's training largely on her own, which made her feel solely responsible.

This strain even affected their social lives; they stopped having people over, and Kathy was particularly worried when

her 100-year-old mother visited, as her mother's frailty was incompatible with Wilf's boundless energy.

These challenges impacted Kathy's relationships, notably with some friends, who believed she could have handled things differently. Despite being retired, Kathy spent less time with her friends, as they were unable to relax and enjoy outings with their dogs. By this point, she had also invested a significant amount in various training programs without much success.

One of the daily frustrations Kathy faced was Wilf's lack of respect for her personal space. He would often jump on her and occasionally bite when he got over excited during play. However, within the first few weeks of joining Peaceful Paws, Kathy began seeing meaningful changes. For instance, Wilf, who used to skip breakfast, began eating every meal consistently within just three days—a significant early win. Kathy also started to understand how Wilf used food as a means to control situations, which was enlightening.

As she implemented the Peaceful Paws Framework, Kathy gained a better understanding of Wilf and became more consistent in her approach, helping Wilf know what to expect. This led to Wilf respecting her personal space more, and Kathy grew more confident in managing his challenging behaviours.

One of the biggest challenges Kathy faced when adapting to 'the 4' techniques, was the idea of taking a break and not walking Wilf right away. Initially, it took her three days just to get him out the front door due to his excitement. However, Wilf eventually settled down, and now they can enjoy walks whenever they want. Kathy now feels empowered, knowing that if Wilf is having an off day, she can choose to skip a walk without feeling pressured.

The 'reunite' process was also difficult for Kathy; she initially felt guilty about ignoring Wilf's excited jumping when she came home, interpreting it as happiness to see her. Now, she recognizes it was more a sense of relief, and seeing the results of him calming down and respecting her space helped her stay consistent.

One of the most significant changes has been Wilf's reduced jumping behaviour. He no longer jumps up at Kathy in the mornings, and they continue to make progress during other parts of the day. His separation anxiety has greatly improved as well; recently, he didn't even get off his bed to greet her after she'd been out for two hours—a huge milestone for them both. Kathy appreciates that Wilf now looks to her for permission before getting on the sofa.

Kathy saw immediate changes in Wilf's eating habits, and within the first month, she noted improvements across other areas as well. While Wilf is still a work in progress, Kathy now has the knowledge and confidence to manage most situations.

Today, Kathy feels capable of handling a wide range of scenarios with Wilf, they love to sail and Wilf is even adapting to life at sea. After nearly two years of dog parenting, Kathy is truly enjoying her time with Wilf for the first time, and the stress she once felt has diminished significantly.

The Peaceful Paws Framework has been transformative for Kathy and Wilf. Understanding the root causes of Wilf's behaviour and recognising the responsibility she had unknowingly placed on him have made all the difference. By understanding the 'why', Kathy found it much easier to stay consistent with the more challenging aspects of the Peaceful Paws Framework.

CASE STUDY 2 - JANET WITH CLEMENTINE AND FINN, USA

Janet lives with her son, their two dogs, Clementine and Finn, and a cat. She began implementing The Peaceful Paws Framework to address several behavioural challenges she faced with her dogs, including excessive barking, reactivity on walks, dangerous leash-pulling (especially on stairs), barking and pacing in the car, and house-soiling. The tipping point for Janet was her dogs' extreme reactivity during walks.

These issues took a toll on Janet's household. The constant barking was challenging for her son and her brother-in-law, who was living with them at the time. Walking the younger dog was difficult for everyone in the household, and Janet found herself avoiding taking the dogs out or inviting visitors. Even spending time in the yard became uncomfortable for her. In search of solutions, she tried anti-barking devices and special leashes, but none proved effective. Suggestions from others that her dogs needed training added to her stress, especially with their disapproving views.

Janet's daily worries centred around the house-soiling, barking, and stressful walks. Though she felt obligated to walk her dogs each day, she worried about the risk of injury from their strong pulling.

After Janet began implementing The Peaceful Paws Framework, she started seeing positive changes within a few weeks. For example, the barking improved when she began to check outside and say 'thank you' when her dogs alerted her to noises. Although the 'stop, start, and change direction' technique was challenging at first, Janet found her stress levels

decreasing as she worked with the framework. Gradually, she let go of her need for complete control and began managing her anxiety about her dogs' behaviour. She appreciated the simplicity and clarity of the Framework and realised she wasn't alone in her struggles.

Implementing 'the 4' was also challenging for Janet, particularly when it involved taking breaks from walks. Despite finding the walks stressful, she felt guilty about the idea of not exercising her dogs enough. Barking continued to be an issue initially, but the dogs responded positively to the new approaches she introduced. She also faced some challenges around meal times, especially as the dogs had been prone to fighting over food.

Now, several months on, the improvements are remarkable. Walks have become much more enjoyable for Janet—she's more relaxed and no longer feels the need to scan constantly for other dogs. Her younger dog's leash behaviour has also improved, and she feels safer managing her dog's pulling. With practice, the 'stop, start, and change direction' technique has become more effective, and both dogs are more responsive to commands, strengthening her bond with them.

One of the most significant shifts for Janet has been how the barking issue eased once she understood the underlying reasons for it. She felt more compassion for her dogs rather than just frustration.

She's now able to walk her younger dog down the stairs to the car without it feeling like a traumatic experience.

While her dogs may not be 'perfect', Janet has found The Peaceful Paws Framework to be a tremendous support. She knows that by returning to the foundational practices of 'the

4', her dogs respond quickly and settle down. This framework has been invaluable for her as she navigates this journey of transformation with her dogs.

CASE STUDY 3 - RUTH WITH POPPY AND ELIZA, ENGLAND

Ruth lives with her husband, two teenagers, and their two dogs, Eliza and Poppy. She started using The Peaceful Paws Framework in May 2023, initially to address Eliza's challenging behaviour. Eliza had been spending evenings frantically scratching and barking at the garden door and at neighbours, forcing the family to stay indoors throughout the summer. However, Ruth soon realised that Poppy, their older dog, could benefit from the framework as well.

Before working with me, Ruth and her family had accepted many of Poppy's behaviours as 'normal'. Poppy would cry for food if not fed precisely on time, jump on family members when they coughed or sat on the floor, and get overly excited when visitors arrived. Other family members found this especially stressful which contributed to Ruth feeling responsible for managing the situation since she was home with the dogs most of the day.

The ongoing stress affected the family dynamic, even causing minor arguments between Ruth and her husband. Ruth dreaded having visitors or having work done in the house due to the dogs' intense reactions. Walks had become a source of stress as well, with both dogs reacting to other dogs and cats along the way.

Within the first week of implementing 'the 4', Ruth saw meaningful improvements. Eliza's evening behaviour changed almost immediately; by the second night, she was much calmer, and within a few nights, she was either sleeping or lying quietly by the door. Ruth felt more in control, not in a disciplinary way, but because she was beginning to understand her dogs' world from their perspective. This shift brought more compassion and significantly reduced her stress.

One of the biggest insights for Ruth was realising how much she had been talking to the dogs, treating them like human companions. When she reduced this 'chatter', their stress levels dropped significantly, and life became noticeably calmer. For the first time in years, the family was able to watch a TV program without interruptions from Eliza.

For Ruth, implementing 'the 4' techniques has been smooth overall, though walks remain somewhat challenging. She no longer feels the need to walk the dogs daily, understanding that if the walk is stressful for her, it's likely stressful for them, too. Any guilt she once felt about walking them less frequently has lessened as she's seen how much calmer and more relaxed they've become. Feeding time with Poppy has also improved; while Poppy remains conditioned to specific feeding times, Ruth now feels more in control of when and how they feed.

Today, life is much calmer. While the dogs occasionally react to stimuli, it no longer overwhelms Ruth. She understands their behaviour and knows how to help them calm down. Their reactions are also much shorter-lived. For example, they once went wild upon seeing or hearing the neighbour's cat, even breaking blinds in attempts to reach her. Now, they often sleep through her presence, and on days they do react, they calm

down quickly when Ruth follows the Peaceful Paws approach for danger/warning barking.

What surprised Ruth the most was how much calmer life became, not only for her dogs but for her family as well—it felt as if they had 'different dogs'. But the most profound change for Ruth was recognising the need for her own transformation. My Framework allowed her to see the world from her dogs' perspective. Realising how frightening that world could be for some dogs, Ruth felt some initial guilt about unintentionally contributing to their stress.

The framework also empowered Ruth to let go of worrying about others' opinions of her dogs or her abilities as a dog owner. She once saw her dogs' behaviour as a reflection of herself, even fearing that others might think her dogs would hurt someone during a walk if they reacted. Now, Ruth feels confident in doing what's best for her dogs, even if it means crossing the street to avoid another dog.

This experience has not only transformed her dogs' behaviour but has positively impacted Ruth's family dynamic and her outlook on dog ownership.

CHAPTER 2

The Elephant IS In the Room (3 am Terrors)

I remember it well, it was way back in 2006. I was recently divorced and my ex husband and I were sharing our dog Pepsi whom I mentioned already. She was a gorgeous wee cocker spaniel. She had just moved to my flat as her primary home as I had given up my 'proper job' to become a dog walker. I can still remember my Mum's response when I shared this with her. 'But that's not a job.' I could only laugh and assure her that yes, it really is. As a dog walker, I soon became very interested in dog behaviour. I was fascinated with what makes our dogs tick. Why do they do what they do?

At this point, I was halfway through a course in canine communication, but was finding it hard going and the theories and information were not really resonating with me. As you know, Jan's book was the thing that tipped my world on its axis. I was like woah wait a minute, is this really true? Dog Listening just makes so much sense, it's logical, and kind and I was so up for testing out the principles with Pepsi.

At the time, she was struggling with separation anxiety. I could not leave her alone for more than a few minutes without her crying and howling. She had developed a fear of some other dogs and would lunge, bark, and growl at them. Not ideal as a dog walker! Especially as she had to come with me every day, due to her severe separation anxiety. Her saving grace was that she adored people and as long as she was with another human, she could relax. Not very loyal, I know!

At this point, I was literally waking up at 3am with that horrendous feeling of something not being right. My mind spiralled into, 'Oh my god, am I going to have to rehome her, give up dog walking or hope that my ex-husband would be able to take her more permanently?' It felt like my choices were so limited, and worst of all, I was so worried and embarrassed that I couldn't seem to get the right help. How did no one else seem to have these problems? I felt very alone.

You know those times when everything just feels awful and you talk about it all the time, but you don't really share what the real problem is? That was my 'elephant' in the room. I couldn't even acknowledge to myself how bad it had become until things started to improve.

Do you ever have something that feels off? If you look closely, it's there, but you don't want to look too closely. It feels too big, like that big 'ol Elephant. Just imagine if you could remove that elephant and open up to honesty, acknowledgment, letting go and actually receiving some help.

I felt like I had tried literally everything, all the advice I had been given, I had tried it. You may recognise some of these tips

- Leaving her with the radio/TV on to keep her company.
- A filled kong that would stop her getting bored.
- Exercise her more so she would be tired out and sleep while I was out.
- Leave her a chew when I leave the house to distract her and keep her busy. (She always waited till my return to eat it, sound familiar?!)

The only thing that actually worked was to ensure she was always with a human, if it wasn't me, anyone would do.

After reading that book, I finally understood what the heck was going on and why she was struggling so much.

Pepsi thought ***I*** needed to be looked after. She could not understand why I would take such a risk and leave her at home. To her, I was behaving like a naughty child, going out into the big bad world without her to take care of me. Poor Pepsi, no wonder she was howling so loud. She was hoping I might hear her and find my way home. I had innocently communicated to her that I needed looking after.

The solution was to show her that I can take care of myself and then boom, she gets to relax at home while I go out and about living my life.

This is what Dog Listening offered me. A kind and compassionate way to communicate to her, 'I am okay without you'.

So, what was going on with the barking/lunging and growling at other dogs? Bearing in mind this had developed over time, it was not something she had been doing as a younger dog. It was slowly getting worse.

I was surprised and delighted (delighted because I like life to be simple!) to find out that this behaviour had the same root cause. She wanted to protect me from these other dogs that she perceived as a threat to both herself and particularly to me.

Now that I understood what was going on and why she was behaving the way she was, it became significantly easier to make the changes I needed to make to the way I was being around her.

At this point, I ditched my more traditional canine communication course in favour of Dog Listening.

This was a real turning point in my life and career. This is where I was able to try things, test things out with Pepsi and the dogs that I walked professionally. These first dogs that I practised with really became my first teachers. I took the foundational 4 practices and worked with each individual dog and their personality to get the best results. It became clear to me quite quickly that to get the best results, the focus was not to be on the results, or even the dogs themselves, the focus had to be me: What was I doing? How was my behaviour changing? And then consider the dog's response.

Dogs taught me that trying to change another's behaviour is futile without resorting to fear and punishment or bribery, and even then, it often doesn't really work. The kind and peaceful way was to understand that Pepsi was confused about her place in the world. Once I introduced these 4 simple practices, her behaviour started to improve as if by magic!

After only a few days of implementing 'the 4', I could see with my own eyes the change in Pepsi. This gave me the courage and confidence to really tweak and test what worked and what

didn't for her. I became even more clear exactly what was required of me to ensure that my relationship with her wasn't solely about my needs. I was making changes for her. For her benefit. I wanted so badly to help her understand that I could take care of myself, so she could relax at home while I was away and when we were out and about, not to worry about other dogs coming close to me.

Honestly, it was not always easy. Changing my own conditioned behaviours was never going to be easy. It was simple but not always easy. I realised with this new understanding of how dogs see the world, I had become a disruptor in the dog behaviour world, and for a self-confessed 'people pleaser', this was often a struggle. Dog Listening was asking me to question everything I knew about dog behaviour up to that point. In the beginning, it's easier to just think, 'Whatever I think I should be doing, do the opposite'! That's how different this is to anything you have likely tried before.

If you are anything like me, you may only know about traditional training. It was all about control and dominating your dog to ensure they would become obedient and behave how you wanted them to. Alternatively, there were the positive reinforcement and distraction techniques which were definitely kinder, but still was not giving me consistent results.

I knew there was something I was not quite getting. There was very little understanding for how the dog might actually feel and why they might be doing what they do. I don't blame anyone for that. It's just how it was. I now knew better, which was amazing, but sometimes I wished I didn't. It's often easier to just follow the crowd and do things the way they've always been done. For me though, I just couldn't unsee this and I will

be forever grateful my dog walker client handed me that book. I was able to see the world through the eyes of my dog and provide Pepsi with a significantly calmer, more relaxed second half of her life.

After completing the Advanced Course in Dog Listening, I was now ready to share this with the world. I admit I was a bit evangelical and learnt the hard way that not everyone was ready to hear it.

The world of dog behaviour has come a long way in the last 18 years. If you are reading this book, there is a good chance you are ready and Dog Listening will change your world too.

That said, your story will not be my story. So I would love to dig into some areas that you might be thinking about. 'Yes Julie I get it, ***but*** my situation is different, will this work for me?'

There might be people in your household that just won't get it. So, you might think, 'They won't implement the framework and therefore, there's no point in me doing anything, because it just won't work.'

I agree that if everyone is on the same page, it makes life easier. However, you don't actually need everyone on board to get results. In fact, the stress of trying to get others on board can cause more harm than good for your dog. Dogs are highly sensitive. If you relax and stop trying to control everyone in the family, you'll feel calmer—which will help your dog relax and trust you.

I remember a story a colleague shared with me many years ago about a client they visited. The dog was biting the owners. One owner was happy to implement Dog

Listening while the other was hugely sceptical and did not make any changes to their behaviour. Fast forward a few weeks and guess what! The dog had stopped biting the owner who had made the changes and was still biting the other one. Now the sceptical owner was listening.

This is how change happens.

'Be the change you wish to see in the world.'
–Mahatma Gandhi

Don't let your thinking put you off ever getting started with making changes to your own behaviour.

Here are some examples that I have heard expressed over the years:

- My dog is too old,
- My dog is too big,
- My dog is too small,
- My dog is a Jack Russell, a Spaniel, a Labrador, insert any breed here.

In my experience, **all dogs** would benefit from being understood, from feeling heard and from having owners who are able to communicate with them in a way that helps them relax and not want to display these 'bad' behaviours.

Maybe you have succumbed to the **'Chinese whisper approach'.** While at the park with your dog or at a party, you have found yourself bemoaning your dog's bad behaviour. Someone has offered a solution and you feel desperate, so just give it a go. Except they heard it from someone else who heard it from someone else and it

could have been based on one person's experience with one particular dog. It might have been a great solution for them, but now is only half a solution and not suitable for your dog.

I have seen many of my clients get blind-sided with their efforts in improving their dog's behaviour by listening to other people. Even people you love and trust can slow down your progress by trying to be helpful, but actually are not experts in dog behaviour and definitely not experts in **your** dog's behaviour. It's hard to stay in your own lane when those around you are distracting and convincing you otherwise.

Finally, please don't be put off trying to improve your dog's behaviour by the idea that you either have no idea of their background or guess it was pretty traumatic. The beauty of working and living with dogs is that although bad things can and do happen, dogs are experts at living in the present moment. They don't get caught up in spiralling thoughts about what has happened before or what might happen in the future. That's a human trait, and we are very good at making up stories.

Don't let your stories stop you from helping your dog live their best life.

Now, let's focus on you and your dog and find out exactly what's going on for you.

First take the Self-Assessment test for you and then take a 2nd Dog-Assessment test to find out how your dog is feeling.

Rate yourself on a scale of 1 to 10.

(1 being this is NOT you at all. 10 being this is entirely you.)

	Rating
1. Your walks are always a relaxed affair, you feel happy and in control.	
2. Your dog walks on their lead and it's super comfortable for you no pulling, lunging or barking.	
3. During your walk even if your dog is faced with potential distractions like other dogs, kids, cats, bikes, buggies, cars, joggers, you know exactly what to do and how to behave to keep everyone safe and calm.	
4. When there are noises outside your home you are confident your dog will generally ignore them.	
5. When the doorbell rings you know your dog will bark to let you know but will quickly settle down again.	
6. You are able to relax at home and watch TV knowing your dog will just sleep the evening away.	
7. You go to bed at night and you are guaranteed a good night's sleep free from any disturbance from your dog.	
8. Mealtimes are simple and easy; your dog eats whatever you decide to feed them with no fuss or food left in the bowl.	
9. You can happily leave the house and your dog at home for a few hours guilt-free.	
10. Your dog does not follow you around the house.	

If you scored between 80-100, you are definitely doing things right, and your dog is enjoying a great life. However, you might consider reading the rest of this book to get a real understanding of your dog's life from their perspective. It's a fascinating journey.

If you scored between 50-80 you have a good understanding of your dog, but your communication could use some improvement. I would suggest focusing on communicating with them in a way that they understand to improve your results. By implementing 'the 4' daily practices of the Peaceful Paws Framework outlined in Part 2 of this book your dog will start to understand you better and stop displaying their 'bad' behaviour.

If you scored under 50 - you are likely not understanding why your dog is displaying these undesirable behaviours **and** are not communicating with them in a way they understand. Please don't worry or spiral into, 'Oh my god it's all me, I am a bad dog owner.' I am confident that you have been doing the best you can with the information you have had so far. Keep reading and be open to making changes to your own behaviour and you will be amazed at how quickly you will see the improvements. I will give you exact details and steps to take using the Peaceful Paws Framework as your guide as outlined in Part 2 of this book.

Ok, now for a little fun, I am going to ask you to step in your dog's paws…! And really imagine what life might be like through your dog's eyes…

DOG SELF-ASSESSMENT

Please complete this assessment as if you are your dog; this will give you an idea of how they view the world.

On a scale of 1-10 rate how intensely or often your dog displays the behaviour. (1 being not at all, and 10 being it's very intense and they do it often.)

	Rating
1. Do you like to let your owner know when it's time for a walk?	
2. When your owner gets ready to take you for a walk do you get overexcited, run away, or try to get to the door first?	
3. When you are out on a walk do you like to bark, lunge and growl when you feel worried?	
4. When out on the walk do you like to pull your owner even though it hurts your neck or body?	
5. When your owners leave you at home, do you cry and howl and sometimes destroy household items?	
6. When the doorbell rings, does this worry you to the extent you bark and can't seem to settle back down?	
7. You like to keep an eye on your owner and will jump and go with them whenever possible?	
8. Is your favourite place to relax on the sofa or the bed?	
9. When there are noises outside your home, you like to let your owner know about them by barking?	

	Rating
10. Do you like to let your owner know when it's time for your dinner?	

Your dog's scores:
Between 50 -100

I can see that you are feeling confused and struggling to understand your place in the world. You feel like you must take care of your owner and the family and keep them safe. I understand you feel like you have a big responsibility to make decisions on where you go, what you do and where you relax, sometimes you even feel that you must dictate when and what to eat. You feel that pulling on the lead is the best thing you can do to keep them safe and you are prepared to do that even though it hurts your neck and your body. You love your family very much, but often you feel they don't quite 'get you'.

To help your owners understand you and communicate in your language, they can head over to Part 2 of this book and find out 'the 4' daily practices. Once they start with 'the 4', you will understand them a little better. You will be able to relinquish the huge responsibility you have been feeling to look after them in the crazy human world that you are struggling to understand.

As soon as they start speaking your language, the world is going to feel a lot less scary and you won't need to keep them safe. You will trust they can look after themselves.

Of course, once you trust them, all these 'bad' behaviours they talk about will not be required and everyone can live in harmony.

Under 50

It looks like you are able to communicate with your owners to a certain extent and they understand some of what you say. However, you would love it if they could learn your language and help you feel safer in their crazy world. This would allow you to relax even more and stop any of the 'bad' behaviours they keep talking about. You feel you are doing your very best in a very confusing world.

Point your owner to Part 2 of this book, this will really help them understand why you are doing what you do. They will start to realise you are never being naughty and that you are doing your very best in a world you don't understand.

Once they 'get you' and you can trust them more, all these 'bad behaviours' that they are talking about will not be required.

* * *

After completing this Dog Assessment, take a moment to reflect on how life might feel from your dog's perspective. Does anything resonate? Maybe now you feel like your dog is actually not displaying bad behaviours, but they are actually doing the best they can given the environment they find themselves in.

Wherever you landed in your assessment score, no need to beat yourself up. I am confident that if you're reading this book, you want the best for you and your dog.

CHAPTER 3

Are You the Hero of This Chapter?!

I would love you to realise you are not alone. Here are 6 of the most common scenarios that I see when people look to the Peaceful Paws Framework for help. Just in case you thought it was just you…

1. **Do you feel so out of control some days that you fear your dog might really hurt someone, you, another dog, maybe even a child?**

   A lot of traditional training out there asks you to expose your dog to the situations that worry them. The idea is to get them used to 'the thing'. For many dogs this causes even more stress. In the Peaceful Paws Framework **we do the opposite**.

   Don't put a scared dog into a scary situation. We focus at home and away from the problem to build up trust first, and then, at your dog's pace, we slowly, slowly build up their confidence with baby steps and patience. This means that even during the early stages of the process,

we are working on improving your relationship with your dog.

For example, if your dog is worried about children or other dogs, and you expose them too quickly, your dog could be left with no other option but to bite a child or another dog, which can have disastrous consequences.

The Peaceful Paws Framework will ensure there is no chance of this happening while still building trust and understanding.

Think about this one for yourself;

Do you ever feel worried about what your dog is going to do next?

Yes/No

Do you sometimes feel your dog has a Jekyll & Hyde personality?

Yes/No

Do you peek round every corner trying to check for 'the thing' that sets your dog off barking and lunging?

Yes/No

Just imagine a world where you understand your dog so well and know exactly what to do given any of these situations. Within the Peaceful Paws Framework, there is time and space to ensure you never have to feel so unsure ever again.

Did you know that there would be a 95% (okay, I made the figure up, but go with me) reduction in human dog bites, if only we humans followed 1 simple rule;

Always ask a dog to come to you first, never ever approach a dog without their consent first.

How would you feel if every other person walking along the street thought it was okay to come along and rub your head… For some bizarre reason we humans have decided this is okay with dogs. Even with cats, we are much more wary. It's very normal for us to do this, but really not natural.

I can't tell you how often I have witnessed this scenario:

Human approaches a dog, looking the dog straight in the eye while saying to the owner, 'Oh it's okay, I love dogs', while the owner is hanging on to the lead praying their dog won't react. The dog then feels threatened (and why not?!) growls or even snaps and all of the sudden the human says, 'What's wrong with your dog? They just tried to bite me.'

This situation is not describing a bad dog or even bad behaviour. This is a dog that is scared and has been left with no other option but to protect themselves and their owner from this human invading their space.

Part of the Peaceful Paws Framework includes *becoming your dog's advocate*, but more on that later.

2. **Are you constantly on high alert to your dog's barking and stressing about your neighbours complaining?**

Oh gosh this is a big one and oh so common.

The 2 most common reasons for a neighbour to complain is;

A. When a dog is barking if left alone

B. When the owner is home and their dog barks excessively in the garden or in the house.

A. First, let's look at the situation where your dog is barking when left alone. If this is the case, there is a good chance your dog is suffering with separation anxiety.

Don't worry, the solution is not to move to the countryside away from all neighbours. There is a much simpler way to help your dog. Separation anxiety is one of the most misunderstood areas in dog behaviour.

Most people think that their dog is struggling because they have been left home alone and their dog is feeling sad and lonesome. It's not that… They are actually feeling frustrated and worried that their very disobedient owner has deigned to go out and about without their bodyguard.

Your dog is desperately trying to look after you and you just left. The only sensible solution from your dog's perspective is to howl loudly in the hope you hear them and/or chew up the place trying to calm themselves down. The chewing actually releases endorphins which will help them feel better. Most dogs know this instinctively. Very clever indeed.

I hope you can start to see this behaviour is not a dog displaying 'bad behaviour' it's a dog displaying normal behaviour given the circumstances.

Let's reflect here for a moment, could your dog's bad behaviour actually be separation anxiety?

Does your dog follow you around the house?

Yes/No

You can't go to the bathroom without your dog crying outside the door.

Yes/No

Every time you move your dog moves too.

Yes/No

Your dog always wants to be touching you.

Yes/No

Your dog will shake, pant and/or salivate when you get ready to leave the house.

Yes/No

Your dog destroys parts of your house or its contents, especially near doors and windows.

Yes/No

Your dog barks and/or howls when left alone at home.

Yes/No

If you scored mostly yes's here, there is a very good chance your dog's behaviour is due to separation anxiety. They are not being a bad dog, they are doing their very best to be a good dog given the way they are feeling.

The solution to this separation anxiety issue is not to focus on where the problems are, for example kongs to distract them or painting yucky-tasting solutions onto your doors and windows. Nor is it to resort to the more unkind automatic sprays or electric collars that spring into action should they bark in your absence.

The kind solution is to convince your dog that you do not need a bodyguard, and you are well able to leave the house and get back home safely all by yourself.

In the second of 'the 4' outlined in Part 2, I will help you with practical steps you can take to convince your dog you don't need a bodyguard.

This will allow them to relax and sleep while you are away.

B. Secondly, the dog that is barking excessively in the garden or in the house when you are at home.

This is one I am very familiar with personally, as our gorgeous Fudge came to us from living in a flat. Having a garden just tipped her over the edge and she just could not relax. The space and all the noises was just too much compared to what she had been used to.

Fortunately, I was familiar with why she was doing this. I knew she was not trying to wind me up, even though, trust me, it did wind me up. Incessant barking is very annoying and it did drive me bonkers for a while. I am very sensitive to the noise of a dog barking, and we have close neighbours.

From Fudge's perspective, she was trying really hard to protect me from perceived threats in the garden i.e., birds/cats/too-close neighbours. Her barking was her trying to warn me and protect me, the best way she knew how. Her barking is a very sensible choice given her thinking at the time.

In Part 2 of this book, I will delve deeper into what to do about this and how to help your dog realise they do not need to protect you. Here's a sneaky peek; you will never have to say, 'No, stop it', or 'Be quiet' again. The first step is to say, 'thank you'. …Why? Because let's be honest, if someone was actually invading your

property, you would be very very thankful to your dog for utilising their amazing sense of hearing and smell, and then warning you of the impending invasion.

Let's take a moment to rate these scenarios for you and your dog:

1 is where your dog rarely displays these behaviours to 5 when your dog displays these behaviours 95% of the time.

- Your dog runs out into the garden first thing in the morning, barking madly at nothing/anything—just barking!

  Rate between 1 and 5

- If your dog is already in your garden, every time your neighbours have the audacity to use their garden, your dog will bark madly and maybe even fence-run up and down, making them hard to catch.

  Rate between 1 and 5

- You are unable to sit and relax in your garden, as your dog is constantly on high alert to every noise.

  Rate between 1 and 5

- When the postman or delivery man rings the doorbell your dog barks loudly and excessively.

  Rate between 1 and 5

- When you have visitors to the house your dog barks excessively and they struggle to settle down.

  Rate 1 to 5

Now add up all your scores, if your score is a 6 or above then the Peaceful Paws Framework is going to ensure your world is much quieter and more peaceful. The closer your score is to 25, the more my framework will help you live a quieter life.

3. **Have you ever been given poor advice that not only doesn't work but has even made things worse?**

   Imagine a world where you never had to Google or ask random dog walkers why and what to do about your dog's behaviour again. Imagine knowing exactly why your dog is behaving the way they are and have a simple, kind solution to help them.

   The Peaceful Paws Framework, as well as giving you the 'how' to improve your dog's behaviour, will give you the 'why'. Rest assured it's never because they want to make your life more difficult. I get it—this behaviour **is** making your life more difficult, but it's not intentional. Your dog is behaving in a natural, normal way for a dog, given the circumstances they have found themselves in.

   Once you get to Part 3 of this book, you can start experimenting for yourself how to help your dog stop barking of their own free will, and how to help them be content when you go out and about without them for a few hours.

   By experimenting for yourself, you give yourself the best chance to have that calm and quiet dog you always dreamed of. I recommend ignoring every other contradictory piece of advice for at least a month. Focus 100% on the Peaceful Paws Framework. Not only will

this give you the best chance of reducing their barking and ensuring your freedom to go out and about again worry free, but this focused approach will give your mind a break from endlessly searching for solutions.

A recent client came to me because her dog was barking/lunging and growling at cars and other dogs. She had been advised to expose the dog to these situations, and every time the dog reacted by barking/growling or lunging, she was to stop and distract the dog with a treat. When the threat had passed, they could walk on. Now, this did work to an extent. Her dog was fairly responsive to the treats; however, she felt they were getting through A LOT of treats, and there did not seem to be a reduction in the behaviour. Her dog was still reacting much of the time and sometimes would even react when there was nothing there in order to get a treat - smart dog!

This kind of advice is super common, and as an emergency measure I would say, yes go for it, distract and move on. But as a solution to the problem, it falls way short. It does not take into account the feelings of her poor dog that felt the need to bark/growl or lunge.

This solution did not address the underlying issue that her dog was **acting out of fear.** Distraction techniques are exactly that, just a distraction. As she has progressed in the framework, her dog is now being heard and understood. She is making changes at home and learning to spot the signs way before the barking, growling and lunging is required. She can take her dog away from the situation before they become so scared they need to react by barking/growling and lunging.

We will go into this more fully in Part 2, but here are some early signs to look out for; body going rigid, ears pinned back, tail up very high or down low between their legs, eyes wide showing the whites.

By listening and responding to these early signs, her dog has started to trust that she will keep them safe and not put them too close to difficult situations. Over time, she can build up her dog's tolerance for situations they find scary. Always going at her dog's pace and listening every step of the way.

Another piece of advice I hear is to use an electric shock collar or a spray. Besides being very unkind, these methods often don't work anyway. They do not address the fundamental problem, and many dogs will tolerate the shock or the spray and keep barking—because dogs will ***instinctively*** want to protect not just themselves but their human as well.

Answer True or False to these statements to find out if this situation of confusion is affecting your relationship with your dog.

You find yourself apologising to people when out on your walks because of your dog's behaviour.

True/False

You find yourself regularly Googling, 'Why is my dog doing x, y, z', and, 'how to stop x, y, z'.

True/False

You might even start taking advice about your dog from family members whose opinions you don't usually take seriously about anything!

True/False

You know deep down something is not right. You know your dog is really absolutely amazing, but you are finding it difficult to trust yourself to do the right thing to help your dog.

True/False

You feel overwhelmed with all the contradicting information you have read about your dog's behaviour.

True/False

You have used methods like a spray, prong collar, Halti collar or even just resorted to shouting to change your dog's behaviour, and it just doesn't feel great and you really want to find another kinder way.

True/False

If you answered true to even 1 of these statements, I promise you, it really doesn't have to be this way. There is always *another way* and your relationship with your dog always has space for improvement.

4. **You feel like you have tried everything already, been to every class, attended an online course, watched lots of dog training videos and spent a ton of money.**

   I get it, it's super common and I see it all the time. This is where the Peaceful Paws Framework is so different.

   Training is great for specific tasks like sit, stay, come, and where to toilet. However, I bet that your dog is very well-trained. They know exactly how to sit, stay and come, they just choose not to, or they do it when they feel like it. You could even say your dog is making the decisions. This is very common in Western culture. We rely heavily on training and not a lot else.

Most of my clients have very well-trained dogs. The issues, like excessive barking and reactivity that bring them to me are not a training issue. It's a miscommunication issue. Their dog thinks they need to make all the decisions to keep everyone safe.

The solution is to convince your dog that you make all the decisions, why? Because you live in a world you understand, *your dog lives in a world they do not understand,* and if they are making decisions, although they may be perfectly natural decisions for a dog, they are often not safe or sensible decisions in our human world.

> For example, the dog that pulls on their lead has decided that the safest thing in this situation is to get there first (even if they don't actually know where 'there' is). This means they can check everything first, and should there be any perceived dangers, they will deal with it. This is why some dogs will lunge and bark at other dogs, cars, fast moving children. The barking will get them to go away. Some dogs are so determined in this role they will even choke themselves in the process. What they don't realise is that there is no need to protect you, you can look after yourself! Once your dog is convinced they don't need to make any decisions and you can look after yourself, no more training is required. Your dog will naturally stop pulling, lunging and barking as there will be no need to practise that behaviour.
>
> The easiest way to convince your dog they don't need to make any decisions is to implement all 4 of the practices outlined in Part 2 of this book as calmly and consistently as you can manage. The practices are simple and kind

and involve you changing your behaviour. There is no need to change your dog's behaviour, your dog will do that all by themselves.

Let's find out; does your dog need more training? Or is it a miscommunication issue?

Answer the following statements with a Yes or No;

You ask your dog to come to you in the house and boom they respond and are right next to you. You use the exact same words, exact same tone when you are outside and nope that squirrel, that dog, that piece of grass is way more interesting, your dog will always come, but in their own sweet time.

Yes/No

Your dog toilets where you want them to 80% of the time. The other 20% is behind the sofa or sometimes even right in front of you after you have just been out for half an hour.

Yes/No

You ask your dog to sit regularly and they do it willingly but when it really matters, nope not doing it.

Yes/No

Your dog can walk to heel on the way home from your walk or when nothing is really going on, but on the way to the park, no way, it's like they actually want to choke themselves. Or you may have a dog that likes to take control of the walk by stopping, sniffing lots and/or sitting down and refusing to move. These seemingly opposite behaviours are 2 sides of the same coin.

Yes/No

If you answered mostly yes to these statements, you've trained your dog well. They're just confused about who is making the decisions and are trying hard to be a good dog in a world they do not understand.

5. **Have you ever wondered if getting another dog could solve the problem?**

   I can't tell you how many times I have been asked, I am thinking of getting another dog. What do you think? My answer is, 'If you want another dog, because you want another dog, go for it.' However, if you are getting another dog because you think it will change the behaviour of your first dog I would definitely not recommend it. Yes, it will very likely change the behaviour of your first dog in some way, but there is no guarantee it will be in the way you would like. Plus, if it does not go well you will be left with 2 dogs whose behaviour is making life difficult and therefore will be double the trouble to manage.

   Work with your first dog until you achieve peace and harmony at home, **then** consider introducing another dog. As you can probably tell, I am all about the path of least resistance for you and your dog. Dog ownership, no matter how many dogs you have, is meant to be fun, easy and bring joy to your life.

   If you are thinking about getting another dog, take a moment to really consider 'why?' There is no right or wrong answer, but if you are looking to improve your dog's behaviour, the Peaceful Paws Framework will be a significantly easier process to bring calm and quiet to your world than getting another dog.

Are you getting another dog for the right reasons?

Answer these questions with this statement in mind.

I would love another dog because:

- My first dog is struggling with separation anxiety and having another dog will help solve this problem.

True/False

- My first dog doesn't like other dogs, but by bringing another dog into the house they will get to know each other and become friends. This will help them become more confident with other dogs when we are out on a walk.

True/False

- My first dog is very anxious and nervous, and having another dog will help them become more confident.

True/False

If even one of these statements is true, please consider learning the Peaceful Paws Framework in Part 2 of this book first, and taking part in the Experiment in Part 3, before getting another dog.

6. **Have you ever thought you might have to rehome your dog—even though you don't really want to, and you know deep down your dog is not a bad dog?.**

   There are thousands of reasons why we humans feel we need to rehome our dogs. In my world, fortunately, most dog owners do not take this decision lightly. In many cases, I have been privy to the dog being rehomed

to a place that is a much better match either through personality or environment.

That said, I have had clients start to work with me through fear of having to rehome their dog due to aggression, noise complaints from neighbours or destroying their property. They really did not want to rehome their dog and ultimately did not have to.

Think about this one for yourself;

Have you ever been so frustrated with your dog's behaviour that you feel like the only solution is to rehome them?

Yes/No

If you answered yes, before you do anything in haste, I recommend taking a break from your dog. Even 24/48 hours can be enough to bring a bit of space and perspective to the situation. Take some time to implement 'the 4' practices I outline in Section 2. Of course, if you still feel that rehoming is the best solution for you, now you are making your decision from a clear and calm mind and you can do what's best for you and your dog.

CHAPTER 4

Your Dog Needs to Relax (It's Holiday Time)

If there is one single thing that will improve your chances of success at the beginning of your journey implementing the Peaceful Paws Framework, it's this:

You need to stop everything you are currently doing with your dog (don't panic, we will reintroduce some things) …Take a holiday…Take a break.

What?! Julie, I thought I needed to take action, get focused and make changes to help my dog, well yes, but that's **you**—not your dog.

In order for your dog to start to trust you, relinquish their role of bodyguard and become calm and quiet, there are a few things that must happen first so they can actually hear you and take on board your new way of communicating with them.

In order to achieve this relaxed state of being, the following 4 things must occur.

CORTISOL LEVELS NEED TO DROP.

If you can relate to any of the behaviours I have talked about already in this book, then there is a very good chance your dog has way too much adrenaline and cortisol flowing through their body. If you have ever experienced feeling nervous before a big event or terrified of a scary situation or even had a panic attack, you will know this state of being.

Similar to humans, our dogs are designed to go up into this state of being for short periods of time, but then do not cope well if this state is required for extended periods. If you are familiar with this, you will know that feeling of being on edge, constantly checking everything is okay, feeling the need to just do something/anything. It could be to go for a run, take a bath, have a glass of wine. You will have your own thing, but just do something to feel better. You feel like you *need* a holiday only to get there and you can't relax. It takes a few days of change, of slowing down before suddenly everything changes in your inner world. The same things that annoyed you before your holiday suddenly became okay again. You can cope with your boss, your kids, your dog's behaviour so much more easily after taking a break. Nothing may have actually changed on your return, but life is just so much better after your holiday.

This is what I am talking about for your dog; think about what your dog does every day, and think about what you could do to give them a break. Give their body time to process all that adrenaline.

Here are some ideas to get your started:

Do they go for a walk once or twice a day, but you can see they are on edge, looking for problems? For example, other dogs

they feel the need to lunge and bark towards, or maybe it's cars, or kids' scooters. Our dog's daily walk is often not nearly as much fun as we think. A good gauge is, 'Are you enjoying the walk?' If it's not fun for you it will be 10X worse for your dog. Remember, they are in a *world they do not understand.*

You will know if this is true for your dog as their behaviour will keep you right. If they are calm, relaxed, and responsive to you, then your walk is good. If not, take a break and build back up using number 4 of the Peaceful Paws Framework.

Do they find the car difficult to relax in? Maybe panting, barking, crying.

Do they find the vet or the groomer difficult? Obviously they sometimes have to see the vet, but on that day can you reduce everything else that could be contributing to that edgy feeling. So they only have 1 adrenaline-fuelled experience instead of 4 or 5.

Are they able to relax in a cafe or the pub?

How about visitors to your home or maybe visiting other people?

Start to look at the world through the eyes of your dog and really consider what they are enjoying and what they might need a break from.

Side note: I am very aware that walking your dog every day is considered a requirement to be a 'good' dog owner. It's often used as a way to tire them out and help with behaviour issues. What I am suggesting here likely goes against all the other advice you have ever had. I did promise you this book would be different, and if this idea is all new to you, take some time

to reflect and allow your dog to be your guide. When it comes to Part 3 and it's time to experiment for yourself, give it a try. I promise nothing bad will happen if you don't walk your dog for a week or 2, and you might even find they are just naturally more relaxed and responsive to you… Go on, try it I dare you!

YOUR DOG NEEDS TO FEEL SAFE.

In order for anything to change, your dog needs to feel safe. Every element of 'the 4' outlined in the Peaceful Paws Framework has been designed with safety in mind. The core message to your dog by making these changes is that they relinquish responsibility for all the decisions. This will automatically help them to feel safe, because it takes into account *they are living in a world they do not understand.* Imagine finding yourself living on Mars with a family of Martians, but they wanted you to make all the decisions. Except you don't know the language, the environment, you don't know their culture or what's expected of you. That's what it's like for our dogs.

By giving your dog a holiday, you will actually jumpstart the process for your dog feeling safe.

Doing less, however counterintuitive this may feel, is actually doing more for your dog and their chances of becoming calm and quiet.

YOUR DOG NEEDS TIME TO PROCESS CHANGES AND NEW INFORMATION.

Time and your patience is the key to all of this. Give your dog the gift of time. That doesn't mean it's going to take ages to get results. In fact the opposite is true. The minute you take the pressure from yourself and your dog, everything falls into place.

I have seen it happen so many times now, I just know it's true. Letting go of the end result is where the magic happens. Give your dog a break from their usual routine while implementing 'the 4', and the results are guaranteed to be better.

YOUR DOG NEEDS TIME TO UNDO WHAT'S ALREADY BEEN DONE.

Depending on how long your dog has been given mixed messages will often, not always, determine how long it takes for your dog to relinquish their responsibility for you and become calm and quiet. You absolutely can teach an old dog new tricks. I first started using 'the 4' with Pepsi when she was 7, and she responded very quickly in some areas, yet others took a bit more time. Partly because she was older and set in her ways, but she was also a smart dog and needed plenty of convincing.

It takes time for you to learn a new language and 'the 4' outlined in Chapter 7 is essentially your dog's language. You are not actually teaching them anything they don't already know, you are just starting to communicate with them in a way they understand. This means they get to breathe a huge sigh of relief for finally being heard and understood.

Again, creating time for this to happen is key, if you just add on 'the 4' without taking anything away from your dog's day, the whole process will feel difficult and take so much longer that it needs to.

YOUR DOG NEEDS TO TRUST YOU.

In order for your dog to become calm and quiet, your dog needs to trust you. This is the absolute core of everything. They

are living in a world they do not understand. This is why it's so important they trust you with all the big decisions in their life. When you bring a dog into your home, you are asking them to trust you with their life!

Take some time right now to think about who is making the big decisions in your house;

- Does your dog know exactly when it's time for their meal? They might even wake you up to make sure you give them breakfast when requested.
- Do you have a dog that has managed to get you to buy a million different types and flavours of food?
- Do you have a house full of different styles of leads/ harnesses, trying to find just the right one?
- Did you decide on some rules before you got your dog, but now you just go with what your dog prefers?
- Did you decide no dogs upstairs, but now they go up whenever they want?
- Does your dog sleep on the bed, not because it suits you, but because it's what they wanted?
- Does your dog jump on the sofa as and when they want, not necessarily when you would like them to?
- Do they not like any dog beds, even though you have tried a few?
- Do they know exactly when it's time for a walk?
- Do they love to throw a ball or toy at your feet, and want to play with you especially when you have just sat down to relax for the evening, or maybe you are trying to work?
- Do you find yourself following your dog around on a walk—either they are pulling you along or just getting you to stop every two minutes for a sniff?

If you said yes to any of these, there is a good chance your dog is making some of the decisions and this is actually great news… This means there is a very simple reason for why your dog is displaying their undesirable behaviours.

Your dog believes they need to make some important decisions to keep everyone safe, which is 100% normal and natural for a dog. However, when this happens in the domestic environment, 'all hell can break loose'. Why? Because your dog is not living in a world that they understand. They are living in our crazy human world, and when they start to take on too many decisions of their own, the stress and responsibility becomes all too much. They start to panic and worry. They are unable to relax and calm and quiet becomes very difficult for them.

In the human world, it's a bit like a boss that has been promoted too soon. They have all the responsibility but none of the qualifications or experience to actually do the job. Although the boss may be a lovely person, because they are feeling stress and pressure, they can often behave in some not very lovely ways!

Your job as a loving dog owner is to show your dog calmly and consistently that they no longer need to make any decisions. Show them they can trust you by stepping up to make all the decisions. This allows your dog to just chill and enjoy life. A dog that does not have to make decisions in our world is a dog that will naturally be calm and quiet, no training required.

Don't forget that all of this starts with taking a break, give your dog a holiday. Slowdown and give yourself and your dog the time to undo the innocent miscommunications that have already taken place.

My wonderful friend and colleague Ali Carrington has a fabulous story that illustrates the importance of first giving your dog this break while implementing 'the 4'.

'Back in the days before I fully trusted in the process of Dog Listening that Julie includes in her Peaceful Paws Framework, I was working with my 1 year old boxer. I implemented all the practical steps of 'the 4', BUT I didn't press pause on the outside world. I was an outdoor based fitness trainer, she was a boxer dog, how could I not take her out?

Things did marginally improve, but I reached a plateau and I just knew there was something missing in our relationship. So I bit the bullet and took a pause on walking my dog. Oh my, she responded so beautifully. So much calmer and so much quieter, and over time, I was able to build walks back into our days, always listening and going at her pace. It can be hard to get your head around, but if you can just trust in the process, be open to doing something different, this is where the magic lies.'
–Ali Carrington, Calm Kind Happy

If this is all new for you, remember it takes time to build up any practice. Be kind to yourself, be kind to your dog and don't worry if you don't get it right all the time. The joy of learning and practising Dog Listening is that your dog will keep you right always. You don't need to listen to anyone else, including me! Keep listening to your dog. They are experts in their own language.

CHAPTER 5

Trust Your Intuition

There's a lot of contradictory advice out there for improving your dog's behaviour. A quick Google search on 'how to stop my dog barking' will throw out literally 100's of different things to try. It's enough to have you reaching for a large glass of wine or heading for the closest dark room to lie down. The overwhelm is real, stressful and understandable.

When I say I tried everything to help my first dog Pepsi, obviously I had not tried everything, it just felt that way.

Do you feel that way too?

Have you tried any of the following techniques recommended by dog trainers, behaviourists, well intentioned friends or of course, our friend Google, either with no success or limited success?

- Constantly having to distract your dog from their own behaviour either using food, a toy or just look at me.
- Food rewards, but your dog is not particularly food-oriented, especially when they are feeling stressed and scared.

- Brain games, they must be bored and need more attention and fun in their life to prevent their challenging behaviour.
- Exercise, you have been told they need more exercise to improve their behaviour, but every time you take them for a walk, it's stressful and not much fun at all.
- Feeling like you have to use a gadget to control your dog. Maybe a special lead, a Halti, spray collar or even a shock collar and it just doesn't feel good, but you have to do something! Or how are you supposed to walk the dog?
- Maybe the only thing to help your dog get through things like fireworks night is medication.
- You can't really afford a dog walker, but your dog seems to be much better behaved with them, and that helps you feel less guilty, because you worry about them going off lead as their recall is not so great. This also ticks the 'more exercise' box that you have been told will cure their behaviour.
- When your dog gets stressed and worried, you have tried reassuring them by talking to them and stroking them but the results are limited, it might calm them down this time but still next time it's the same.
- You have a general sense you are missing the core of the problem, why are they scared when really there is nothing to be scared of?

If you have gotten this far in my book, there is a good chance there is something here for you. Something has resonated, you can see and feel this could be different.

Stay with me.

I will never ask you to do anything you don't want to do, I will certainly never ask you to do anything that is unkind and cruel to you or your dog. When you come up against some new thinking and understanding around your dog's behaviour, my only suggestion is try it for yourself, see for yourself how your dog responds and how it feels for you.

A big part of The Peaceful Paws Framework is learning how to trust yourself, your intuition, and your dog. Once you get your 'Dog Listening goggles' on, the whole process and implementation of 'the 4' becomes so much easier. It's a natural process, based on working with and not against your dog's natural instincts.

Credit given to one of my amazing clients already enjoying results using the Peaceful Paws Framework for the term 'Dog Listening goggles'. Thank you Regina.

Dog Listening goggles are what makes this framework unique. Everything you do, every change you make, everything is done with your dog's feelings in mind. I help you to see the world through your dog's eyes, and then help you to trust yourself to make the right choice for everyone's benefit.

Did you know that asking your dog to sit at the side of the road before you cross is actually really difficult for many dogs? If a dog is feeling worried, excited, even just slightly anxious, then sitting down is so counterintuitive for them. It means that being able to run away is so much harder, yet we are so often told a good dog is one that is sitting waiting by the side of the road before you cross. Even if they do then drag you across the road!

I will never ask you to make your dog do this, if they choose to sit of their own free will, of course that's great, it's a sign they feel relaxed, but bribing or forcing them to sit is not required.

The biggest difference between this, and likely anything you have tried before, is that not only do I want your dog to change of their own free will, I want you to change of your own free will too.

The focus for most other training methods is training your dog. Your dog's behaviour is the problem and you need to focus on changing that behaviour. Fortunately, these days there are a lot of positive reinforcement techniques recommended which are significantly better than negative reinforcement. However, what behaviour are you reinforcing? This is what's different here.

1. **Take the example of a dog that is barking in the car at things going past.** You might have been recommended that someone sits with the dog to 'reassure them' that all is okay. When the dog barks, you stroke them and talk to them quietly, if they look at you and stop barking then give them a food reward.

What I recommend is, first put your Dog Listening Goggles on… look at the scenario through your dog's eyes. If your dog is barking and reacting in your car, then you can be sure your dog is feeling scared or overexcited. Either way, the behaviour is the same.

A car in and of itself is confusing for a dog; they leave the safety of their home, go in this metal moving machine and end up well who knows where, they don't actually know. Your dog also feels that you need to be protected from this scary car and all the things outside of it, like other dogs, kids, motorcycles, whatever the trigger might be. In some cases, your dog will be calm till you get to a place they know. The trigger is slightly different, but your dog is still becoming either super worried or super excited. Either way they are barking and getting all revved up because they want to take charge of the situation and keep you safe. Especially if you are taking them for a walk, this is not a state you want them to be in for the start of your walk. How to deal with the start of the walk is detailed in the 4th one of 'the 4' in Part 2.

Now, you have an idea what is really going on for your dog in the car. Next, consider your behaviour. Your dog barks, shakes, salivates, and you feel worried, as you love your dog and want them to enjoy this car journey. So you reassure them by stroking them and whispering kind words, or alternatively you get frustrated and yell 'shut up' or words to that effect.

No judgement here, we have all done it! Your dog receives the information—either via positive or negative attention—that the behaviour they are displaying is required, and your attention is reinforcing this for them. You might even reward them to really reinforce the point. Can you see the innocent miscommunication going on here?

Using the Peaceful Paws Framework, first of all, you will do a lot of work at home (full details in Part 2), so your dog is a lot more relaxed getting into the car in the first place. Secondly, I recommend your dog has a safe space in the car where they can't see out the window. And I recommend that no matter how your dog behaves, you initially allow them to process the information with **no input from you.** Once they become calmer and more able to listen, you can implement a little technique known as Thank/Look and Time Away that can be amended for use in the car. I will go into this in more detail in Part 2 of this book.

By not making a big deal of this behaviour and remaining calm and confident yourself, you are showing your dog there is nothing to be scared of. You are no longer reinforcing their behaviour by reassuring them in the natural human way. You are giving your dog time to process the situation and make the decision of their own free will that there is no need to become worried, anxious and bark while travelling in the car.

Here is another example of what you might have tried, why it's not worked and what you can do to help;

If you have a dog that barks and lunges at other dogs, you may think they were not socialised, so they don't like other dogs. Or maybe it's just some dogs they don't like, so maybe they were socialised a bit, but just not enough. So you need to socialise them more so they can get on with all dogs.

Here is the flaw in that plan: sometimes dogs just don't like another dog, simple. It happens, right? I am sure there are people you just don't like?!

The other issue with the 'keep socialising till your dog likes every other dog plan', is that it's hard to socialise a dog that doesn't like other dogs without a lot of stress, barking, and lunging.

This is because it's not a socialisation issue at all, it's actually a protection issue.

I have seen this over and over again when working with a colleague and friend who owns a Dog Day Care Centre called Barklay Park. A dog will react badly to other dogs on a walk with their owner, yet in dog day care they love to play with other dogs. Sometimes even the exact same dog they have had an issue with on a walk.

The solution to stop your dog reacting and barking at other dogs is to convince your dog that you, their owner, do not need protection from these other dogs.

The solution to showing your dog that you do not need protection is to convince them that you make all the decisions for them and you keep them safe. Most other training methods will try to solve the problem where the problem exists.

For example, when your dog is barking at a passing bus, quickly grab a treat, get their attention and reward the dog for stopping barking and looking at you. Yes this works, BUT here's the issue: not only do you have to keep doing it every time you pass a bus, your dog is learning that every time a bus passes, they bark and get a food reward. If you have a smart dog, well it would make sense to keep barking at the bus. This can actually train a dog to become reactive.

I am often asked about how to help a dog that still has toileting issues beyond the initial puppy phase. The owner will say, 'My dog knows exactly where we want them to pee and poo.' They will often just have been given the opportunity to toilet, yet still there are accidents in the home.

This is not a toileting issue anymore and no more training is required. This is usually an attention issue or can be a fear-based issue if the dog has been given a row for toileting in the wrong place.

The solution is to take any attention, either positive or negative, away from the problem and reward calmly and quietly when they toilet in the correct place.

Hopefully, you are starting to see the Peaceful Paws Framework is the very opposite of what you have tried before.

There is also a more subtle difference to be found in the Peaceful Paws Framework that involves you.

At the very core of the Peaceful Paws Framework, there is a mission to empower and encourage you to build your own relationship with your dog in a way that works for you. There are no rules, only guidelines that can be adapted to suit your dog and environment. They are designed to support the life you want to create for you and your dog.

If you are ever getting it wrong, don't worry, keep listening to your dog, they will keep you right.

I know this because the reason you picked up this book is because you were listening to your dog!

PART 2

THE SOLUTION

CHAPTER 6

Cherry-Picking Is for Magpies

Before I share with you what 'the 4' actually is and how to implement them in your dog's life (and yours), I want to be super clear. If you only do the bits of 'the 4' you like, you only get bits of results…

Cherry-picking really is for magpies only… For you, learning Dog Listening to take your dog from barking mad to calm and quiet, ***all 4 elements need to be in place all of the time for the best results.***

Before you go all perfectionist on me and become your own worst critic, thinking, 'Well if I can't do it all, I won't do anything', here's what I have seen over the last 18 years helping dog owners learn Dog Listening in the real world.

If you were to practise Dog Listening 100% of the time, confidently, calmly, and effectively, you would likely be a dog! Dog Listening is their language, not ours. Like learning any foreign language, it will take time to perfect, and it's unlikely

we will ever be as good as a native speaker. With this in mind, be realistic, patient and become the best that you can be.

The Peaceful Paws Framework is made up of 3 core themes:

Why your dog does what they do.

How to make changes to get results using the 'the 4' elements of Dog Listening.

The power of you - Implementing 'the 4' calmly and consistently so that these changes in how you are being become a natural and effortless part of your daily life

This includes: the importance of an open mind, understanding your thoughts, the part they play in your experience, and the power of now.

In an ideal world, you would learn everything there is to know about 'the 4' outlined in the next chapter and start on day 1 of your experiment, practising all 4 elements of Dog Listening all of the time for the best results. Some people can do this, but my experience is that most of us mortal humans will do bits and pieces, get bits of results, come back, learn some more, practise a bit more, get more results and repeat until they are doing enough for their dog to improve their behaviour to the extent required for their human. Then life goes on with calm and confident humans living with their calm and quiet dog until one day, they notice that the undesirable dog behaviour is back. They start to think, 'Oh no this is not working, my dog is broken, help…!' I want to reassure you this is normal.

We humans get complacent. It's okay, all that is required is to go back to 'the 4' and check; what part of 'the 4' have you

stopped doing? Be honest with yourself… and then go back to basics. Start implementing from the beginning and then, sure enough, everything settles down, the dog relinquishes responsibility again and life with your dog becomes calm and quiet again. In my experience, this continues for the rest of the dog's life to varying degrees, depending on the owner's commitment to the process and the dog's personality.

Don't forget, cherry-picking is for magpies, and cherry-picking will seriously hinder your results.

If this feels a bit like hard work, hopefully this will help to reassure you that your efforts are worth it.

The ripple effect is real. Oftentimes, a dog owner will come to me with a specific issue. Let's say their dog is reactive to other dogs and it's getting out of hand, walks are no fun and stress levels are high. With a little further investigation, I find out that the dog is also fussy with their food, pulls on the lead so hard that their arm feels like it may come out of its socket and barks like crazy when the delivery man comes around. By implementing the 4 elements of Dog Listening, ALL of these issues will dissolve seemingly all by themselves. This is the ripple effect. Because Dog Listening does not focus on individual problems; it focuses on the **source of the problem.**

> Quick reminder: the source of the problem is where a human has innocently shown their dog through their own behaviour that their dog has to take responsibility for not just their own safety, but also that of their family.

In more traditional dog speak, they have been elevated to the leader of the pack.

This is very natural, as all domestic dogs, if they don't recognise that their humans are making the decisions, will *instinctively* take on the job themselves. Since they are *in a world they do not understand,* their decision-making skills are quite frankly a bit rubbish and this situation will result in the undesirable behaviour that has brought you to picking up this book in the first place.

For example, a dog that is running round the edge of the garden, sniffing madly, barking and annoying the neighbours is not doing it to intentionally annoy you and the neighbours. They are doing it because they want to check what is going on out there by sniffing and barking, to keep the area safe from predators and intruders. For this job, the behaviour is very sensible and practical. This is actually your dog doing their very best to be a good dog in a world they don't understand.

The solution is to show your dog through implementing 'the 4' that they do not need to be responsible for the family. You are asking them to relinquish the top job to you, their human, and trust you with their life.

This is a big ask. How many people do you trust with your life?

This is why you must not cherry-pick just the bits of 'the 4' you like. Be clear, calm and confident when implementing 'the 4'. This will help them to relinquish responsibility for the top job, and a dog who has relinquished responsibility gets to live a life of calm and quiet, with lots of moments of fun and play. No more barking madly, no more hyper-vigilance and no more anxiety.

Dog Listening is a holistic approach that takes into account the whole dog and their whole life. It's kind and simple. There

are no gadgets, punishment, distraction techniques or even food bribes required. With just a little understanding and commitment from you, this has the ability to change your world and make all your doggy behaviour dreams come true.

I cannot stress enough the importance of being as consistent as you possibly can when implementing 'the 4' and leave any cherry-picking for the magpies.

CHAPTER 7

The Peaceful Paws Framework

Wow, congratulations! You made it to the core of this book. This is where you get to know the practical steps you can take to start improving your dog's behaviour.

This is where the results start to happen and all the emotions start to flow. It's where resistance will rear its little head… We humans are not great with change!

This will often manifest in the form of guilt, frustration and sometimes even scepticism. All of this is okay, it's good, and that's why once you have read this chapter and got familiar with 'the 4', we will move into full experimentation mode in Part 3.

There is no point in learning all this new information if you don't actually get your hands dirty and give it a go.

I will support you all the way, guiding you up and over the bumps in the road that I have come to expect. I will ensure you have not just the tools to help you enjoy a calm and quiet dog, but that you are actually enjoying a calm and quiet dog.

First things first, let's get familiar with the practicalities of Peaceful Paws.

To keep The Peaceful Paws Framework as simple as possible, I have broken each of 'the 4' down into the same 3 parts:

1. Understanding why your dog does what they do.
2. The practical steps
3. The importance of YOU.

QUICK REMINDER OF THE SOURCE OF THE PROBLEM:

Your dog is living in a world they do not understand, and you have likely in all innocence promoted them to the top job of looking after your family. Now they are in a position they can't handle, they feel stress and worry and this is what leads to the undesirable behaviour that prompted you to pick up this book.

As you read through the framework, take the focus from your dog to you and watch the magic happen.

7.1 PRACTICE NUMBER 1 - THE LANGUAGE OF FOOD

Before we get started on this practice, I want to be clear that when I am talking about food, it is purely your dog's *behaviour around food* that is important. Nutrition for your dog is of course important, but that is not my area of expertise, and the content of your dog's food is not what we are talking about here.

Why do we have practices around food and what's that got to do with my dog barking madly and becoming reactive in the park?

Food is very important for all dogs, especially the fussy ones! Without food, they will not survive, and all dogs *instinctively* know this.

Dogs know that whoever makes the decision around when and where they eat are the ones who make all the important decisions.

Remember, calm quiet dogs have someone else making all the important decisions. Food is one of 'the 4' super important decisions in your dog's life.

For your dog to be a calm and quiet dog, the decision-maker needs to be you.

Here are some examples of behaviours to look out for to find out if your dog is receiving mixed messages around food.

- Fussy eating or demanding food at mealtimes.
- Begging for food.
- Treat training, where now the reward has become a bribe, or even the dog knows exactly what to do to receive the treat and does it whenever they feel like it. Does your dog know if they look cute next to the treat cupboard, they get a treat?!
- Some dogs will even bark at another dog or person, knowing they will then receive a treat.

If you find yourself feeding your dog all different things to try and get them just to eat something, anything, then this practice is going to be super helpful.

My recommendation would be to decide what it is you want to feed your dog and stick with that while you are implementing this practice.

Alternatively, if you have a dog that eats as though every meal is their last, this practice will help to slow them down without the need for a slow feeding bowl.

Your dog's behaviour around food will change of their own free will.

You will know very easily once your dog has understood you with this practice, as they will eat exactly what you want them to, when you give them the opportunity and will eat at a normal pace.

Keep food clear and simple for you and your dog by following these simple guidelines.

PRACTICAL IMPLEMENTATION OF PRACTICE NUMBER 1 - FOOD

1. Meal time

We use a term called Gesture Eating; this is where you don't eat your full meal, it's just one mouthful of human food eaten before you give your dog the opportunity to eat. It does not matter when you eat your meals, as long as before you put the bowl down, you follow this process:

- Prepare your dog's food in the food bowl.
- Prepare 1 mouthful of human food for yourself.
- Ensure your dog is able to see you.
- Place your mouthful of food behind your dog's bowl.
- Stop and wait.
- Is your dog calm with 4 paws on the ground, and are they quiet?

- If not, give them time to decide of their own free will that it would be a good idea to calm down and get quiet.
- Do not ask them to wait or stay, as this will prevent them having to process the information and think for themselves.
- Once your dog is calm, you can place the bowl on the floor and walk away.

The walking away is their signal that the food is now theirs to eat.

You are not asking them to eat or forcing them to eat, you are giving them **the opportunity** to eat.

If your dog chooses to eat, great, if they walk away from their bowl and choose not to eat, that's okay too, but here is the very very important bit:

- If you want a calm and quiet dog, you must lift the bowl as soon as your dog has walked away from their bowl, even if they have left their food.

This will give a very clear message to your dog that when you place the food down and walk away that's their opportunity to eat.

- Repeat this process at every meal time.

This will show your dog in a kind and gentle manner that you decide what and when food is available. You are showing your dog very simply and clearly that you are making this important decision.

You would think this would be super, super simple. However, after 18 years of sharing the language of Dog Listening, I know there can be lots of questions surrounding this simple process.

Q. What if my dog does not even approach the bowl and wanders away?

See bonus Q&A at the end of the book for an answer to this question and other common questions.

Bonus video providing a visual explanation of this process can be found here www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos in the bonus section of this book

2. Food provided in the form of treats/rewards

Always ask your dog to do something before offering a treat.

Never go to your dog to give them food rewards and treats; ask your dog to come to you, always.

Bonus points here as this will also help to train your dog to return to you when you call their name when out on a walk!

Never leave food lying around your home for your dog to access when they feel like it. This includes meal time food and any dog chews or dog treats.

If you want to give your dog scraps from the table, put it into their food bowl and give them it as part of their meal.

Signs to look for to know that your dog is listening and understanding you;

- They will start to eat all of their food at meal times.
- They will be much calmer when you are preparing and offering them their food.
- They will stop begging for food.

- You might even be able to add medicines or supplements into their bowl and they will eat it up at each opportunity.

Food is so important to our dog's behaviour. If you can make these practical changes in a calm and consistent way, your dog will start to become calm and quiet of their own free will.

THE POWER OF YOU

Food is a very emotive subject for many humans. The idea of taking the bowl away once your dog has had their opportunity to eat can feel cruel and unnecessary. Many people see food as a comfort and want to *share* it with their dog. **Understanding that food is not just for survival for your dog, but also part of their language** can be really helpful with implementing this practice.

For dogs, it's super simple; in order to have a strong and healthy 'pack', the decision-maker will always eat first. They will never overeat, and will walk away to signal to the others to start eating. Try not to let your human emotions around food get in the way of your implementation of this Dog Listening practice.

KEY TAKEAWAYS:

- Food is part of your dog's language.
- Dogs are very adept at turning food into a way to establish themselves as the decision-maker.
- Food is hugely emotive for humans; don't let that sabotage your efforts.
- A dog will never intentionally starve themselves.

7.2 PRACTICE NUMBER 2 - CREATING CALM IN YOUR HOME

This practice is not just about creating calm in your home, this practice contributes to your dog electing you with the role of decision-maker. Even if you feel your dog is quite calm around the house and your only issues are outside on a walk, I caution you not to skip this practice. It will significantly increase your chances of having that calm and quiet dog that walks well on the lead and you can take anywhere.

In order to have a calm and quiet dog around your house, there are a few simple practices that will provide a clear message that you make the important decisions and they get to relax.

Here are some examples of behaviours to look out for to know if your dog is receiving mixed messages that you have innocently given them decision-making responsibilities contributing to their reactive behaviour.

- Your dog chooses to rest and sleep on elevated positions like sofas or chairs, your bed, or the top of the stairs.
- They love to 'keep a lookout' at the window.
- They are needy of your attention, especially when you want to relax.
- They are over excited when you get home and struggle to settle down again.
- They cry/bark or howl when you leave them alone.
- They chew excessively, even after all their adult teeth have come in.
- Your dog has free rein to go where they want in your home.

- Your dog is already toilet trained, but will toilet in the home even just after a walk. Sometimes right in front of you, maybe hidden or on elevated areas like sofa or beds.
- Your dog goes bonkers when the doorbell rings.

In this practice, we are going to turn things around so you become the decision-maker around your home. Thinking about your eye contact and verbal chat is key. Less is always more where Dog Listening is concerned.

STEP 1 - GREETING YOUR DOG

After every separation, in there is a way to greet your dog in a way that will help them to be calm and quiet around your home.

Your behaviour should always be calm and quiet when you greet your dog after a period of separation, no matter how your dog is behaving. Allow your dog to acclimatise to your return and feel your energy. *Do not make any eye contact* or fuss over them until they are calm and quiet of their own free will, and then give them the **golden 5 minutes** to actually enjoy the feeling of being calm and quiet. Now, you can make eye contact, call them over to you and fuss and cuddle as much as you both want.

Be warned, if your dog is super sensitive in this area, this may take an hour or more for them to become calm and quiet, and that's okay. If you remain calm and consistent in your behaviour, this will soon reduce to just a few minutes.

Top tip: Give yourself the opportunity to practise this more; you can create micro-separations by closing doors around

your home and when you take a toilet break, so you can go through the process when you return.

When you are leaving your dog, it's also important to not make a fuss, just leave them, no eye contact, no chat. This helps them to understand you make the important decisions, and can leave and return whenever you want, and they get to rest and relax in your absence.

STEP 2 - GIVING YOUR DOG ATTENTION

We all love to give our dogs lots of cuddles and love. However, for a calm and quiet dog, it's important to remember that this needs to happen when you decide and not when your dog decides. Super simple process here, if you want to give your dog some attention, wait for them to be calm and quiet of their own free will and then **call them to you.**

A couple of caveats here for those of you with smart dogs:

- If your dog chooses not to come on your request, don't go to them - see section below under 'Whose throne is it anyway?'
- If they decide to come for attention when they decide, be strong and calm, and don't give them any attention at this point. This will prevent your dog becoming needy and constantly seeking attention, usually when you are trying to get on with something else!

Top tip: If you are struggling to not respond to your dog when they are demanding attention, ***distract yourself.*** Make a cup of tea, pick up a book, or use your phone. Give your dog time to think for themselves and their next course of action, and soon they will leave you alone and become calm and quiet of their own free will.

STEP 3 - CREATE A SAFE SPACE FOR YOUR DOG

This is so important to foster trust and respect.

A safe space is just a place where your dog can go to relax, rest, and sleep where no one will approach them ever.

You can create a safe space using a crate or a bed, or your dog may find one themselves. Remember it's your home and you get to make the decisions, so if the safe space does not suit you it's okay to change it.

I recommend their safe space is located away from windows and doors, and is at floor level. Many dogs like to be tucked away under something. Sometimes, trial and error works best with this until you come to a good spot that both you and your dog agree on.

If you want to engage with your dog while they are in their safe space, of course that's okay, but ask them to come to you and if they choose not to come, respect this and leave them be.

Bonus points here for recall training!

Top tip: Be aware some dogs are very good at turning their safe space into a throne.

STEP 4 - WHOSE THRONE IS IT ANYWAY?

In order to maintain your position as decision-maker for your dog, it's important you take the throne.

Most dogs will **instinctively** take the throne if given the chance. By this I mean dogs like to find resting spots or look outs, spots that are elevated. This can be off the floor onto the sofa, or sometimes upstairs. All of this kind of behaviour is a dog taking the throne.

To help your dog be calm and quiet, their resting place should be on the floor, and any time spent on the throne is by invitation only.

Encourage your dog to use their safe space by not allowing them on elevated sofas, chairs, or beds. Wait until they decide of their own free will that resting in their safe space or on the floor is the best choice.

If you then decide you want them up on the bed or the sofa, wait until they are calm and quiet on the floor and then invite them up.

Top tip: Never go **to** any dog, including your own. Always ask them to come to you. Even if that means taking one step away so you can ask them to come to you.

Not only will this prevent 95% of dog bites, it will also radically improve your quality of recall when your dog is off lead outside. If you are constantly going to your dog around the house, it's no surprise that when you are outside in the park you call them to you, they are thinking, 'No, you come to me'.

STEP 5 - CREATING BOUNDARIES AROUND YOUR HOME.

This is super important in your quest to prove yourself capable of being the decision-maker.

Rather than allowing your dog to roam freely, have areas where your dog is not allowed to go. Depending on the size of your home, it might be that your toilet is a no-go area, or it could be that your entire upstairs is a no-go area. The key point is that you have a space that is yours alone and your dog can come in by invitation only.

In Practice Number 7.3, I go into more detail about how to reduce the reactive behaviour that comes from external perceived dangers like your door bell ringing or people walking past your home.

Hopefully, you can see by now that this whole practice of **creating calm in your home** is about changes in your behaviour and to the environment, and not to do with you doing anything with or to your dog.

Once you have made these changes, allow your dog time to process what is happening and to enjoy the feeling of relief as they relinquish all their decision-making responsibilities to you. Be patient and consistent with your new behaviour, and your dog will become calm and quiet of their own free will.

Q. You have said that my dog's natural state is calm and quiet, yet my dog is rarely calm and quiet. They are constantly on high alert and ready for anything, where do I start?

   See bonus Q&A at the end of the book for an answer to this question and other common questions.

Link to bonus video to help you practices step 1 of the process to create calm in your home; Greeting your dog.
www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos

Signs to look out for to know your dog is listening and understanding you;

- They regularly choose to rest on the floor or in their safe place.
- They no longer jump up on your furniture unless you have invited them.

- Their hyper-vigilance is reducing and they are less inclined to bark at every noise outside.
- The intensity of their reaction to the doorbell is reducing and they are aware that they are not required to accompany you to the door.
- They sleep longer.
- They stop following you around.
- When you greet your dog, the time it takes for your dog to calm down and respect your space will keep reducing.
- They are much calmer and quieter.

A word of warning: I have had many clients come to me after a few days of implementing all of 'the 4', worried their dog has become depressed. The difference in your dog's behaviour can be such a contrast, that's how it looks. Please be assured they are not depressed, they are just calmer and quieter and you are likely not used to it.

It's so much easier to wind your dog up than it is to calm them down!

If you saw an animal on safari behaving in the way many of our dogs do, we would think something was wrong with them! A dog's natural state is to be calm and quiet, even though it's not always normal in our western homes.

PREVENTION AND CURE FOR SEPARATION ANXIETY

If your dog is struggling to be calm and quiet in your absence, there is a very good chance they are suffering with separation anxiety. This is very common for our domestic dogs because being alone, although normal as part of our human way of life, is not *natural* for a dog.

In the natural world, dogs generally do not survive for very long alone, and will naturally team up to find food, shelter, and to stay safe.

In my experience, many dogs have to be taught how to feel safe and become calm and quiet in your absence and/or when alone.

The process to show your dog how to remain alone for a few hours resting happily or sleeping is super simple;

1. Practise 'the 4' of Dog Listening to ensure your dog knows you are the decision-maker and your dog can trust you to leave them and stay safe out in that 'big bad world'.
2. Pay particular attention to arrivals and departures by ensuring that you are following step 1 in this section calmly and consistently.
3. Create micro absences and combine this with gesture leaving to work up to leaving your dog for the maximum time you are comfortable with.

Did you know that a dog that is struggling when you leave them is not worried for themselves, feeling sad and missing you? In fact, they don't trust that you can look after yourself in the big bad world or in some cases just to go to the bathroom! In your dog's eyes you are behaving like a disobedient toddler and they want you back beside them asap so they can take care of you…

With this knowledge, you can see how miscommunication happens when you humanise your dog and start to treat them like a small child rather than a dog!

Don't be alarmed though, we all do this to varying degrees and it's just one of those things, you don't know what you don't know.

Now you do.

Towards the end of this book, you can take part in The Peaceful Paws Experiment and bring this new knowledge and 'the 4' to life in your world.

But remember, whatever your dog's issue is, 'all 4' need to be practised for the best results, don't be a magpie and skip to the experiment and just do the bits you like…

THE POWER OF YOU

Chaos at home and separation anxiety is really disruptive to everyday life, and can lead to feelings of being trapped and your life literally shrinking. This puts a huge pressure on having to solve these problems right now. This pressure on you only adds to the problem and paradoxically slows down any results.

I really recommend getting creative and allowing others to help you in this area, especially initially. You can only solve these problems when you are feeling calm and in control. This means taking time out for you. If you can't leave your dog alone, ask for help, not just so you can go to work, but so you can go out and have fun, relax, and enjoy life. Taking the pressure off allows miracles to happen.

KEY TAKEAWAYS:

- Your dog is naturally calm and quiet.
- Eye contact is a big deal for your dog, and too much eye contact from you will cause your dog to move away from their naturally calm and quiet way of being very quickly.
- Energy is key. Dogs are super sensitive to energy and you can't fake it! If you are feeling stressed and worried your dog knows… Some dogs are better at coping with this stressful energy than others.
- Dogs will often use height to gain and take back the throne.

7.3 PRACTICE NUMBER 3 - THE MOMENT OF REACTIVITY

In order for your dog's reactive behaviour to be transformed into responsive and calm behaviour, they must learn to trust you in those moments when they are freaking out, either barking mad, lunging, growling or standing still as a statue or trying to run away.

There are 3 main categories that your dog's barking will fall into:

1. For attention
2. Because you have been separated
3. Because they want to alert you to their Perceived Danger.

How to discern which category your dog's barking falls into:

If your dog is looking at you, it's for **attention**, if your dog is on their own, it's because they are feeling **anxiety when left alone,** and if your dog is looking away from you at something else, even if you don't know what it is, it's because they have become aware of one of their **Perceived Dangers.**

This 3rd practice of the Peaceful Paws Framework is designed to help when your dog is alerting you to *their* Perceived Danger. This practice will really help to build trust between you and your dog. It will help you to listen and understand what your dog is saying to you AND will show your dog they are being heard. Like humans, dogs like to be heard. Like dogs, when we feel heard, we feel understood.

If you feel your dog is barking mad and/or reactive in certain situations, they are not displaying bad behaviour, they are feeling unheard and will keep at it until they are heard. If I had a favourite it would be this practice, as it turns on its head any idea that a dog is behaving badly as you start with a simple 'thank you'.

(If you are concerned that your dog is barking for attention or for separation anxiety refer back to Practice Number 2.)

All barking and reactive behaviour is just simple communication.

Examples of Perceived Danger for your dog;

- The postman or delivery man
- People/dogs/cars/bin men passing outside your house
- Buggies, bikes, joggers, other dogs, cars, buses that you might meet on your walk

- Honestly if your dog is particularly sensitive even a leaf blowing in the wind or a plastic bag can seem scary to your dog
- Men in hats, black dogs, big dogs, small dogs etc etc.

Do you get the picture? Your dog can be scared of literally anything and that's okay. Your job is not to understand why, it's just to understand and show your dog you hear them and will keep them safe.

Use this simple process every time your dog is alerting you to their perceived danger in your home or in the garden.

(See Practice Number 4 for what to do when out on your walk.)

1. Say 'thank you'
2. Take 'a look' at the problem
3. Take your dog 'away' from the problem.

By saying 'thank you,' you acknowledge their feelings. By taking 'a look,' you show them you're aware of the concern. By taking your dog 'away,' you demonstrate that they are no longer required to handle the issue.

The idea behind this process is that you could be working upstairs and your dog barks to let you know the delivery man has arrived at your neighbour's house. Or there is a cat in the garden, and you can shout down 'thank you' and your dog will think 'Ok, great, my human has heard me and they are not concerned, I will settle back down quietly' of my own free will.

Common situations about this practice explained:

When your dog literally can't hear you;

This situation is super common when you first start practising this process. I recommend you go straight to taking your dog 'away' from the problem. You can either bring them in from the garden and/or take them to another room and leave them alone. Allow them some time to process what just happened - 30 seconds to a minute is long enough. Then allow them back into the room or garden and observe, if they go straight back to the problem barking, repeat the process until they come back to where the problem was and of their own free will realise, 'Ah this barking results in me being left alone, it would be a much better idea for me to become calm and quiet.' Your dog will do this of their own free will. No shouting, no punishment, no spray collars required. Just a simple conversation between a human and a dog.

When your dog turns this into a game and you find yourself playing the game;

This is where the use of a short lead is very helpful, this will give you more control. If your dog is on a lead already, you can just stand on the lead and reel them in. Or you can use a slip lead to gently lasso them and reel them in. The most important thing is for you not to be drawn into their panicky, noisy energy. You know there is no real problem, and as long as you remain calm and quiet, your dog will soon realise there is nothing to be concerned about.

My dog goes bonkers barking when the doorbell rings or someone knocks on the door;

I recommend that your dog never comes to the door with you, unless you really are genuinely worried about who is there, and you want them to make a loud noise and protect you.

In normal circumstances, as soon as your dog reacts (or if you know someone is visiting this can be done in advance), put your dog into their safe space or at least another room away from your front door.

This gives them time to calm down and acclimatise to the person at the door, without the pressure of feeling like they need to do something about the situation.

Your dog does not need to meet everyone at the front door.

In circumstances when you want your dog to actually meet the person arriving at the front door?

Of course that's okay, but it's helpful to take the pressure for your dog *away from the front door*. There is no reason for your dog to come with you. In fact, every time you take your dog to the door with you, not only are you conditioning that behaviour by repeating it, you are allowing your dog to get involved in the decision-making regarding the front door. You want to show your dog the front door is not theirs to worry about. You will take care of it and invite in only those you deem safe.

Give your dog time and space to settle down after the initial excitement of the arrival to your home, before you introduce them.

When introducing your dog to visitors make sure to practise, the greetings process outlined in step 1 of Practice Number 2 - creating calm in your home, ensuring you give your dog their golden 5 minutes.

Top tip: If your dog is particularly bouncy, barking, and overexcitable with visitors, you can bring them to the

introduction on a lead and give them time to settle before any greeting. If they are still struggling to settle, you can leave the room and return after a minute or so and repeat as required.

The important part is that you remain calm, quiet and give your dog time to process and acclimatise to this new visitor. No greeting should take place until your dog is calm and quiet of their own free will.

If your dog is nervous and really does not want to meet and interact with visitors, please, please respect this, do not force them. Just let them be in their safe space. If they start feeling brave and come out to investigate, great, but if not, that's okay too. Advocating for your dog in this way is so important to build their trust in you.

My dog barks every time someone walks past the house

This is great news… As you now have lots of opportunity to put this same process we've discussed into practice. Remember, every time you go through the process, you are not just conditioning your dog to a new response. You are building trust and understanding between you and your dog.

The idea is not that your dog never barks. Let's be honest, if there was someone breaking into your home, you would want them to bark and let you know. The aim here is for your dog to alert you to the problem and then defer to you so you can take care of it. Once they realise you are going to take care of the problem calmly and consistently, they will decide of their own free will that there is no need for barking at every person that walks past the house.

See bonus Q&A at the end of this book to find answers to common questions. Link to bonus video number 3 to see a visual demonstration of "Thank, Look and Time Away" that will help your dog stop barking when they are worrying about a perceived danger.

www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos

Signs to look out for to know your dog is listening and understanding you;

- The intensity of your dog's barking is reducing.
- Your dog is generally quieter around the house.
- Your dog's hyper-vigilance is reducing.
- Your dog is choosing their safe space more often of their own free will.
- Your dog is generally more relaxed in the garden.
- Your dog is able to hear you now when you say 'thank you'.
- Your dog is now moving away from the perceived problem with less of a struggle.

These are all signs of progress and I highly recommend taking the time to notice your progress and celebrate it. Often it's a combination of lots of these small wins that will give you the best results. Just because your dog still barks at the delivery driver does not mean nothing has changed.

THE POWER OF YOU

It's very easy to become embroiled in your dog's emotional state when they are struggling and becoming reactive and barking, lunging or growling. Be kind to yourself. This happens, and

it's all okay. Take a breath, count to 10 and actively step up for your dog. Let them see you are calm and quiet and very soon they will start to trust you and feed off your calm and quiet energy.

KEY TAKEAWAYS:

- It's natural for your dog to bark.
- Your dog's barking is never anything more than simple communication.
- Shouting at your dog will only encourage them to bark.
- Always remain calm and quiet yourself.

7.4 PRACTICE NUMBER 4 - THE LANGUAGE OF THE WALK

Taking your dog for a walk is possibly the most misunderstood part of owning a dog in the western world.

For whatever reason, it has become not just normal but expected that you *should* take your dog for a walk every day. Depending on the breed of your dog will determine exactly how many times a day and for how long this should happen.

Just for the record, I have nothing against you taking your dog for a walk. In fact, I love walking dogs and started my dog career as a professional dog walker. Walking your dog is great. HOWEVER, what's not great is feeling like you must take your dog out no matter the weather, how you are feeling, how your dog is feeling, and if your dog is scared or reactive on a walk. Even if you feel awful and your dog is pulling madly on the lead and will potentially react to other dogs, people, cars, etc., many trainers will still advise you to walk your dog every single day.

This advice is changing, but very slowly… It is still generally believed that exercise will cure behaviour and exposing your dog to things that scare them will help the situation.

If you have already tried food rewards, distraction techniques, maybe even a spray or prong collar, and your dog still reacts, you likely do not have a stupid dog as is commonly believed. You have a super smart dog trying to do a really good job of protecting you and will not be distracted or stopped even when feeling pain and discomfort.

You are the decision-maker in this relationship with your dog and you have a choice, always.

Here are some examples of behaviours to look out for to find out if your dog is making too many decisions in this area and is feeling the pressure so much it's affecting their behaviour in a negative way;

- Your dog expects and sometimes even demands a walk.
- When you get the lead out they either go bonkers bouncing around or run away.
- Your dog rushes to the front door (or back door if that's where you usually leave from).
- Your dog pulls strongly on the lead and/or sits and refuses to move.
- Your dog is reactive and barks, lunges, growls towards other dogs, people, bikes, joggers, small kids, well anything really!
- Your dog 'just wants to play' and will pull you to meet other dogs and people even if you can see the other is really not interested and/or you actually just want to keep going.
- Your dog demands when you play ball or throw a stick.

- You are not allowed to stop and talk to other people as your dog just barks at you.
- Your dog struggles to settle in a cafe environment.
- Your dog only comes back when you call them 'when they feel like it'.
- Your dog sniffs excessively and intensely so you spend the walk following them around when you really want to get on with your walk or day.

If this all sounds familiar, the first step is to take the pressure from yourself. Give yourself time to work on the other 3 elements of 'the 4' by knowing that you do not have to walk your dog every day; your dog will not spontaneously combust after a day chilling at home.

This practice will be significantly easier and your results will be much faster if you can take the pressure off yourself from having to walk your dog every day.

I recommend that before introducing this practice, give your dog a break by skipping walks for at least a week.

This undoing of the conditioned behaviours around your dog expecting a walk will give you a fabulous springboard for when you restart the process of taking your dog for a walk.

Starting your walk using the lead:

1. Pick up your dog's lead and wait. Observe your dog; are they trying to hide? Or are they bouncing around? Or are they calm and quiet with their 4 paws on the ground? You are waiting for your dog to become calm and quiet of their own free will. This will be significantly easier if you have taken a break and have already been practising 1-3 outlined in this chapter.

2. Once your dog is calm and quiet, (you may have to lift and lay that lead a few times a day for a few days to achieve this, be patient), call your dog to you and pop their lead on. If they don't come or start to bounce, that's okay they just need more time to process and understand you are not going anywhere until they are ready and calm and quiet of their own free will.

3. Now you can start to practise the process called Stop Start and Change Direction also known as SSCD. Your dog is now on their lead and you are heading towards your door. You are looking for that feeling of your dog connected to you, listening and understanding - you will know it when you feel it.

The process of SSCD (Stop Start and Change Direction):
As soon as they start to pull, stop. Wait for your dog to realise you have stopped and all the pulling is coming from them. There is no need for you to pull back. You want to give them time to think and decide of their own free will, 'Oh wait a minute, we are going nowhere and I am choking myself'. As soon as the lead relaxes you Change Direction and continue walking a different way until the pull happens again. Stop, wait for your dog to realise you have stopped and all the pulling is coming from them, there is no need for you to pull back. You want to give them time to think and decide of their own free will, 'Oh wait a minute, we are going nowhere and I am choking myself'. As soon as the lead relaxes, you Change Direction and continue walking a different way until the pull happens again.

The process of changing direction shows your dog in a clear, kind way that you are making the decision on which direction you are going, rather than the likely previous conditioned

behaviour where your dog knows you are going to the park and will guide you there!

How do they know you are going to the park? They don't really, but because you have done it so many times before it's become conditioned and they can make an educated guess! And as your dog is so smart they will immediately take control using all the behaviours I mentioned in the previous section under 'Examples of behaviours to look out for to know your dog is making too many decisions on their walk'.

In order to have a dog that is calm and quiet on your walk of their own free will, you must go at their pace.

This means practise this at home in your kitchen or living room first, once your dog is calm and quiet, move towards the garden or a quiet street. If you live on a busy street like I do, use it as an opportunity to practise, and only take your dog further afield when they are already feeling calm and are quiet.

Caution: Don't be tempted to skip the process at home and allow your dog to 'lead you' to the park, and then start to practise SSCD. This will be really confusing for your dog and make the process really difficult.

Points to note with this super simple practice;

1. This can be really, really difficult for some dogs; this process is asking them to trust you with their life in a world they don't understand. You become the decision-maker, deciding when you go for a walk, where you go for a walk, how long you stay there for. Not all dogs are ready for that and you can only be guided by your dog. I can't give you a timeline, you can't decide how long this will take. Your dog knows what they can cope with and

what they can't. Your job is to create a safe environment and change your own behaviour by being calm and patient while your dog is processing these changes.

2. Once you have a dog that is generally calm and quiet on the lead at home, in your garden, or on quieter streets then you can start to increase their exposure to things that scare them.

Prevention is way better than cure when it comes to reducing your dog's reactive behaviour. However it is normal for a dog to react, it does not mean they are broken. The issue comes when their reaction is either very intense or very regular or sometimes both.

How to respond in the moment of reactivity when your dog is on their lead:

1. The moment your dog starts to react, move away from the problem; in some cases, you may not even know what the problem is. That's okay, just **stay calm and quiet yourself** and leave. If you feel like this is happening a lot, this is a very clear sign to go back a step to where your dog is calm and quiet, maybe your garden, maybe the kitchen. Practise lots more SSCD in a place where you are feeling the connection and build their trust in you.
2. Give yourself time before the moment of reactivity, rather than scanning the horizon for potential perceived dangers, observe their body language:

- Your dog's body may go very still.
- Your dog's hackles might rise.
- Your dog's eyes will go wide and scared looking, this is harder to notice if they are on a lead.

- Their tail either tucked between their legs or up very high or wagging very slowly.

Myth busting tip: Wagging tails does not always mean your dog is happy. It's helpful to observe your whole dog and what else is happening to know exactly what their wagging tail is communicating. A wagging tail just means your dog is in a heightened state of awareness.

When out walking, rather than scanning the horizon to try and preempt your dog's behaviour, keep an eye on your dog. They are communicating to you all the time. For example, if you see your dog's body go still and rigid, just calmly walk in the opposite direction from where they are looking, watch for them relaxing and if *you* feel calm, you could go back and continue your walk. If there has been a full on bark/lunge and you feel a bit shaken then don't forget you have choices. You can head for home to where your dog will feel safe and become calm and quiet naturally.

OFF LEAD WALKING

Dogs are generally much less reactive off lead than on lead because like humans they are susceptible to the three F's.

Freeze
Flight
Fight

Taken in that order. When we have a dog on the lead, although it is often required for you to feel in control and keep your dog safe, for your dog, this removes the ability to 'flight' so will immediately put them into a more vulnerable state and more prone to reactivity.

On the lead, your dog really needs to trust that you will keep them safe in order to feel calm.

Off lead, they don't need to have as much trust in you because they can run away, However, *you* need to have a lot of trust in them in order to keep them safe.

There are 2 main ways to help your dog with off lead walking, and paradoxically it is best to practise both first when you are at home and not on your walk.

1. Recall, recall, recall - Having faith that your dog will return to you when you make the request is arguably the most important training you will ever teach your dog. The irony is that they will *naturally* want to return to you if they feel safe and trust you on their walk, so you don't even need to 'train' them. This is why I always **recommend starting at home**.

Step 1 - Never go to your dog.

Always ask them to come to you. The biggest mistake I see is dog owners will always go to their dog to give them their food, to have a cuddle, to put their lead and then once outside on the walk expect their dog to now come to them. If you can have a relationship with your dog where they are used to coming to you all the time at home, there is a much better chance of this happening when out on your walk.

Step 2 - Set up scenarios where you can practise calling your dog to you regularly throughout the day in your home.

Step 3 - Practise in the garden or in a quiet park with a long line.

Step 4 - Keep practising.

It's really important to keep practising until you have faith your dog will come to you when there are no concerns or perceived dangers around before moving on to step 5.

Step 5 - Now is the time to step it up.

Go to a busier place where there may be things that might concern them, like other dogs, people, cats, squirrels, etc., and practise, practise, practise.

Step 6 - Reflect on how your dog is responding.

Be honest: have you progressed through these steps too quickly? Keep asking yourself, 'Do I feel happy and in control?' If not, go back a step.

2. **Stop, Start, and Change Direction**

This is the technique I outlined earlier in the book. When they trust that it's you making the decisions, they are way more likely to respond to your request to come back.

Before you let your dog off the lead, practise SSCD and consider, Is your dog responding to you and walking calmly by your side?

If yes, and you feel happy and in control go ahead, let your dog off their lead and keep calling them back at regular intervals. If they start to come in their own time or you get a sense that they are not going to come back, do what you can to get them onto their lead, and practise some SSCD until they are responding again. If they are not listening and everything starts to feel difficult, don't be afraid to either keep them on the lead and/or just head for home. There's always another day!

REWARDS ON THE WALK

Depending on your dog's personality, you can use food to encourage and reward your dog to return to you. However, if you feel they are demanding food, becoming over excited when the food bag comes out or even just not interested in food. It's okay to just give them a wee pat or say 'good dog'. The real reward for your dog is that by coming back to you they are now back with the group which is by its very definition a safe, happy place to be.

In the Peaceful Paws Framework, I recommend you get to know your individual situation and your dog, and try things for yourself. In the next section when you start to experiment, you can decide if or when food rewards are working for your dog.

Q. What if my dog doesn't pull on the lead, but they do sit down and not move?

See bonus Q&A at the end of the book for an answer to this question and other common questions.

Here is a link to the bonus video for a visual demonstration of the process of "how" to re start your walk after the break with the help of Stop Start and Change Direction to ensure your dog is calm and quiet while out on your walk.
www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos

Signs to look out for to know your dog is listening and understanding you;

- The time it takes to get the lead on in a calm and quiet way is reducing.

- The intensity of your dog's response to being on the lead is reducing and they are able to be calmer and quieter more of the time.
- You start to feel 'happy and in control' when you head out for your walk.
- You are no longer scanning the horizon, just observing your dog and responding to their needs in the moment.
- Your dog's recall even in moments of concern is improving.

THE POWER OF YOU

Because most of us have been conditioned to believe that exercise cures behaviour, it is incredibly difficult to go at your dog's pace with this practice and I get it, I really do. In all honesty, it took me years to really embody this practice. But nobody ever told me it's okay for it to take time, it's okay to feel guilty, it's okay to feel frustration.

I am here to remind you that all of the emotions are okay. Life with your dog is a beautiful journey of love and connection, and as soon as you can let go of the outcome and focus on the action of this practice, the outcome will take care of itself. As soon as you can be okay with all the emotions, all of a sudden there is no resistance and boom you are back to just taking the steps, using your dog's body language and behaviour as your guide and you just can't go wrong. In order for your dog to trust you when out on a walk, you must first trust yourself.

KEY TAKEAWAYS:

- Taking a break from your daily walk will speed up the process for your dog to become calm and quiet on your walk.
- Practise and Patience is the key to enjoying a calm and quiet walk. This is significantly easier when you can ignore all the little voices in your mind and prioritise listening to your dog.
- If you use your dog as your guide, you cannot go wrong. As soon as you start to go at your pace rather than your dog's pace, their behaviour will slowly creep back to what brought you to pick up this book in the first place.
- All emotions are allowed even the ones that feel horrible. It's trying to make them go away that encourages them to stick around, allow them and let them go.

Congratulations, you now have all the information you need for your dog to elect you as the decision-maker in your relationship, eliminate any innocent miscommunication and go from barking mad to calm and quiet.

It's a lot of information, and if you have any questions or need some support from me and my team, book a call here.
www.juliehelpsyouhelpyourdog.co.uk/chat

CHAPTER 8

You're Not the Only One Suffering

Before we move on to The Experiment, let's really consider the most important piece in all of this: **your dog.**

You know how *you* feel, how frustrating, embarrassing, emotionally draining it can be having a dog whose behaviour is making life difficult for you. However, let's consider life from your dog's perspective.

A little trigger warning for this chapter: if you really see something new and get this on a deep level, there is a good chance you will cry!

How do I know this, because it happened to me, and it's happened to most of my colleagues and many of my clients.

I believe it's important to go there, look inside and really see what life is like for your dog living in our strange complicated human world. However, I don't believe in getting stuck there, judging yourself, judging others, apportioning blame

and holding onto the sadness. I firmly believe once we have acknowledged the situation, we must recognise our ***innocence and let it go.***

You have been doing the absolute best you can with the thinking you had at that time.

There is a very good chance that if your dog is displaying undesirable behaviours, then you have innocently promoted them to the position of decision-maker in your relationship. Yes you did that… It was innocent and you don't know what you don't know.

This is actually fabulous news, as now you can change it.

Here are a few examples of how many people think their dog is feeling and what is actually happening;

1. Dogs that are allowed to sit up at the window and look out, but then go barking mad when someone walks past.	Their owner has thought their dog might get bored and might enjoy a nice view,	Their dog has got the message that the owner wants them to keep guard and alert them if anything untoward goes past. The dog is actually doing brilliantly at the job *they think they have been asked to do.*

2. Dogs that go bonkers barking when a parcel is being delivered.	Their owner is thinking, 'Why is my dog barking so intensely? They know it's the delivery man. I introduced them yesterday'.	The dog does not understand the idea of introductions and thinks they did a really good job of making them go away yesterday.
3. A dog that pulls on the lead even though they are choking.	The owner thinks, 'Why are they doing this? They know we will get there, and this is really sore on my arms'. They may have even been trained and can walk to heel beautifully in the training class.	The dog is thinking, 'I don't trust this person to keep us safe, so wherever we are going, I will get there first'. The dog wants to do such a good job they will even choke themselves to get their first.

4. A dog that is fussy with their food and only eats at certain times of the day	The owner might think that the dog wants a different, better, more expensive food or prefers to eat at different times of the day	This thinking does not take into account the opportunist nature of a dog. Fussy eating is actually a really smart dog becoming the decision-maker by suggesting you give them different food, at a time that suits them. If the food is left down they can choose to eat at any time of the day or night.

5. Many dogs will use cute attention-seeking tricks; drop the ball at your feet and want to play the minute you want to relax, do intense eye contact until you do what they want, steal socks or kids toys to get you to chase them.	The owner thinks, 'My dog is bored or being naughty, or just plain annoying'.	When actually, their dog is trying to become the top decision-maker and have everyone running around after them. This is a dog being a smart dog, given that they can't see someone in the relationship being a good decision-maker, so they must get on with doing it themselves in order to keep everyone safe.

Can you see how so much of your dog's undesirable behaviour is actually your dog trying to do a good job in a world they just don't understand.

Take a moment to reflect on your dog's undesirable behaviour. Get your Dog Listening goggles on and see if you can interpret what your dog is really saying with their behaviour.

With the knowledge you now have, can you see your dog's behaviour is actually good behaviour given the situation they find themselves in?

Your dog may not normally be calm and quiet, but they are *naturally* calm and quiet.

Before you get started with your experiment of implementing 'the 4' into your world. It's helpful to understand that your dog is struggling too. They are never doing anything just to upset you, their behaviour will always make sense to them, given the state of mind they are currently experiencing and physical environment that they find themselves in.

With your Dog Listening goggles on, you know your dog lives in a world they don't understand, and the role of decision-maker is causing their undesirable behaviours. By implementing 'the 4' and relieving your dog of this responsibility they will naturally relax and become calm and quiet.

Are you ready?

If the idea of experimenting alone feels too daunting, please get in touch with me. I am here to help. book a call with me here www.juliehelpsyouhelpyourdog.co.uk/chat

Otherwise, let's experiment…..

PART 3

THE EXPERIMENT

For the purposes of this book, when I refer to The Experiment, I am referring to my invitation to you to take the information in Chapter 7 and actually make some changes to your behaviour for you and your dog's benefit.

My biggest fear for you when reading this book is that it resonates with you but you don't take action. You can see why your dog is doing what they are doing and understand that you have the power, yet you don't make changes and this book gathers dust on your bookshelf or languishes alone inside your computer.

By experiment I mean just give it a go, make some changes and see what happens. Try things out and see what works for you and your dog. Chapter 7 is prescriptive, yet in reality, the changes you make will actually look different in every home and with every dog. Don't get hung up on perfection, it doesn't exist.

The real perfection of my Peaceful Paws Framework is this: if your efforts at changing your behaviour are not communicated clearly enough, you will know because your dog will tell you!

Don't worry about getting it right, your dog will guide you. How am I so sure of this? Because your dog is already guiding you. It's the reason you picked up this book.

Your dog is displaying some of the undesirable behaviours that I have talked about throughout this book and guiding you

to find out more, to understand them better, and be the best dog owner you can be. All their undesirable behaviours are just a simple sign of communication from your dog to you. *Underneath* all of these undesirable behaviours is your dog's cry for help.

Help your dog find their place within your relationship by implementing the Peaceful Paws Framework and watch these undesirable behaviours dissolve all by themselves.

You can start wherever you want in the Peaceful Paws Framework. However, I strongly suggest wherever you start, take these recommendations on board as you work your way through 'the 4' described in Chapter 7.

DO THIS #1: REDUCE THE EYE CONTACT YOU HAVE WITH YOUR DOG!

Dogs are super sensitive to eye contact. When we make eye contact with our dogs, they think we want something from them and it contributes hugely to their hyper-vigilance. They don't understand that we just love to look at them because they are great listeners and we love them!

For the next 3 days, make a conscious effort to limit eye contact. Look at them only when you are asking something of them.

Observe what happens.

Did it become easier or harder as the days passed?

This aspect of the Peaceful Paws Framework is often really difficult in the beginning. The guilt for us humans is enormous.

I even have a label for it among my clients - The Guilt Fairy. We work hard to let her go for the benefit of the dogs.

DO THIS #2: STOP SAYING NO!

This is a lesson in undoing the things that you are currently doing that don't work.

Raising your voice, being assertive, and repeating the same request over and over and allowing your dog to ignore you is actually conditioning the behaviour you don't want.

I will give you some examples here so you can check if any of them are familiar and might be a good place for you to start.

EXAMPLE 1:

Your dog hears a noise and starts barking and you jump up, look at your dog and say, 'No no, stop barking, enough, you know who it is, be quiet now, etc, etc.' Your dog completely ignores you and runs to the window or the door barking madly.

Compare this to:

Your dog hears a noise and starts barking, you get up slowly, don't look at your dog, don't say anything, you calmly check the door or window and implement the process outlined in 7.3 staying calm and quiet yourself.

In the first example, you are contributing to the noise and your dog thinks, 'Great, they are backing me up, must be a problem I will keep barking'.

In the second example, they are barking alone and need to stop to be able to hear you, this gives them some processing time and you can guide them away from the problem.

Over time, they will trust you are not worried about the problem and will only bark for a short warning and sometimes not at all.

EXAMPLE 2:

Your dog is jumping up at you and maybe barking too and you respond by looking at them, saying, 'No, stop it, get down', and physically pushing them down. Your dog ignores you and continues with the undesirable behaviour, until they *eventually* make the decision of their own free will to leave you alone.

Compare this to:

Your dog is jumping up at you and maybe barking too and you respond by not making eye contact, crossing your arms, looking away and staying quiet. Your dog quickly realises their behaviour is no longer getting a response and will *much more quickly* make the decision of their own free will to leave you alone.

In the first example, you are contributing to the exciting energy with your attention and words and giving them something to push back on by pushing them down. You are innocently encouraging them to continue jumping up and barking.

In the second example, you are not getting involved in the exciting behaviour, so your dog has nothing to feed on and will have to stop barking to hear you and get a sense of what is required. They now have space and time to process their behaviour. This time they can feel your calm and quiet energy and will stop jumping up and barking much more quickly.

Over time, your dog will realise the undesirable behaviour is

not required in the first place, because it is not being innocently encouraged by your behaviour.

For the next 24 hours make a note for every time you find yourself saying 'no'.

Take some time to reflect, 'What could I do instead?'

Don't underestimate the power of your silence and communicating through behaviour alone.

DO THIS #3: GIVE YOURSELF A BREAK

Say you are working through Chapter 7.4 in this book and find yourself out on a walk, feeling calm and connected to your dog, and suddenly (you missed all the early signals) your dog has become reactive. Your dog is pulling, lunging, barking mad on the end of the lead. You can see they are scared, but they are no longer listening to you. You start to feel out of control, frustrated, embarrassed, angry. You are feeling all the feels. Your thoughts are spiralling fast. 'This is awful, I can't do this, it doesn't work. My dog is broken. That's it, I give up!'

This happens to everyone. You are human, you have a huge capacity to make up stories with your thinking mind. It's okay and it's just a story.

What actually happened here? You got into an uncomfortable situation with your dog. Then you took your dog and walked away from the situation that caused them to become reactive. It was that simple, *but* for your amazing thinking capacity and the story you created in your mind, that was all that happened.

Aren't we humans amazing?!

In a practical sense, when this kind of situation occurs, understand you and your dog are likely in fight or flight mode and no one is listening. *This is not a moment to start training your dog.* Just leave as quickly and quietly as you can.

Give yourself a break.

For the next 3 days, make a note how often you beat yourself up in your head over your dog's behaviour.

Reflection: Is that helpful and does it change anything?

Don't dwell on that kind of thinking; it's where madness lies. Let it go as best you can and allow your dog to be your guide. Your dog does not want to go back into a situation like that.

Slow down, go back a few steps in the Peaceful Paws Framework and take a break from your walks. Have a few days at home, focus on the other elements of 'the 4' and build up both you and your dog's confidence again.

Don't give up now. These things will happen. When you own a dog, it's all part of the journey. It's all okay. Give yourself a break, both practically and mentally, and start again.

DO THIS #4: DON'T BE BREEDIST

It's very unhelpful in your quest for a calm and quiet dog to blame your dog's breed for their behaviour.

How many times have you heard sayings like this:

- Spaniels are bouncy and bonkers.
- German Shepherds are aggressive.
- Collies are nippy and need lots of exercise.

- Border Terriers are very noisy.
- Beagles run away.
- Labradors are greedy.
- Black labradors are better behaved than brown labradors.
- Cockapoos are super friendly and good with kids.
- Staffies are great with kids but can be aggressive too.

I have even heard more recently that Romanian Rescues are hard to train… what? Like every single one, Romanian Rescue is not even a breed. They are usually mixed breed dogs from a particular geographical area, yet we humans just love a label and to make sweeping statements.

I'm including this section because I have seen time and time again how becoming 'breedist' in either a positive or negative way is hugely unhelpful when your aim is to simply enjoy a calm and quiet dog.

As soon as we attribute a specific behaviour to an entire breed the following problems occur;

- We buy or rescue a dog and *expect* that dog to have specific behaviour traits and when they don't have those breed specific traits we get upset and blame the dog. For example, 'What's wrong with you? You are a labrador and you are not motivated by food'. So now the owner might feel there is no other way to help their dog become calm and quiet.
- Alternatively, we buy or rescue a dog and they do fit the breed specific mould so we make excuses and don't get the dog the help they need because we think it just is. For example, a beagle given the correct information and behaviour from their human will not run away. But if we

give up trying just because they are Beagle it's really not helpful.

Over the next 3 days, reflect on how many times you think or speak like a breedist.

Have you ever found yourself being breedist about your own dog?

If yes, can you pinpoint why?

DO THIS #5: WHEN IN DOUBT, CONTROL THE SITUATION, NOT YOUR DOG

It can be really tempting to focus all your energy and attention on your dog and the behaviour they are displaying that you want to improve. However, the real power is in using your dog's behaviour as a guide to change the only thing you actually have any power to change, which is **your behaviour.** Once you make the switch to focus all your energy and attention to change your behaviour rather than your dog's behaviour, you are immediately on the path of least resistance.

When your aim is a calm and quiet dog, it starts with you. While you are implementing all the practical elements of the Peaceful Paws Framework, think about the energy you are projecting around your dog. Your dog is super sensitive and we live in a culture of doing; do more, be more, more more more. Our dogs respond much much better and more quickly when we do less. Less is always more when it comes to Peaceful Paws.

If you find yourself feeling overwhelmed, confused, or frustrated;

Pick 1 undesirable behaviour you would like to change about your dog, take some time to observe your dog in the moment and consider what you can do differently while focusing on the situation and not your dog.

DO THIS #6: IF YOUR DOG'S BEHAVIOUR GETS WORSE, DON'T GIVE UP

By making the changes to your behaviour and giving your dog clear messages, you are now the decision-maker. You are actually asking your dog to trust you with their life. That's a big ask. How many people do you trust with your life…?

On many occasions, I have observed when a dog owner is doing a great job of implementing 'the 4' in a clear, calm, quiet and consistent way, the dog's behaviour will actually get worse. Of course the owner might panic and think this isn't working. In reality, it's working really well and this is a great sign. This means their dog is understanding and getting ready to relinquish responsibility. However, their dog is pushing back and asking, '*Are you sure I can trust you with my life?*' This is the point at which it's really important to not give up and to be even clearer, calmer and more consistent with your behaviour changes.

DO THIS #7: THIS IS A WAY OF LIFE, NOT A QUICK FIX

It's really important as you are experimenting with the changes I have recommended in Chapter 7 that you realise these must become a way of life for you. This is not something you can use sheer will power and gritted teeth to do for a few weeks and your dog will become calm and quiet for life.

There is a good reason for this; for your dog this is about safety, survival and trusting you with their life. That's huge, and it's in *their nature* that they need to be convinced of this every single day. This is why they are so sensitive to changes in your life. Many dogs are super sensitive to even little changes, like moving your furniture around and as for getting the cases out to go on holiday! You can see how calm, clear and consistent behaviour must become a daily practice.

I highly recommend taking the information in Chapter 7, trying it out for yourself, and experimenting to find the best way to bring the changes alive in your home, so you have the calm and quiet dog you want. It's so important to find a way to implement the recommendations so it feels good, easy and you really want to do it for not just your benefit, but for your dog's benefit too.

In my experience, the only way that you will be able to enjoy that lovely calm and quiet dog forever is to practise 'the 4' calmly and consistently for the rest of your dog's life. The only way to do that is if it's easy, feels good and becomes your new normal.

Conclusion

I told you at the very start of this book:

Your dog is *naturally* calm and quiet.

The Peaceful Paws Framework is a guide to help you help your dog in a kind and gentle way back to the calm and quiet way of being that your dog already is underneath their undesirable behaviour.

WHAT TO DO NEXT?

We've reached the end of our time together. I hope you have benefited and enjoyed this book as much as I have while writing it. It's been an absolute joy to bring the Peaceful Paws Framework to life in your hands.

Before I disappear off into the sunset…

LET'S RECAP WHAT WE HAVE COVERED:

PART 1

1. First, we took a moment to notice that oftentimes it's the expectation of what owning a dog *should* look like that is causing part of the problem. We recognised that the fact your dog is not fitting the mould does not mean

they are broken and there is no hope of improving your dog's undesirable behaviour. Now you know that your dog, no matter what breed, age or size is not broken and although it might feel like you have already tried everything to improve your dog's undesirable behaviour, you can now be open to the idea that's just not possible. There is still hope!

2. We then focused on the often uncomfortable work of shedding a light on the problems your dog's behaviour is bringing to your life. Using a couple of self-assessments, you now know where your dog's behaviour sits on this spectrum. Remember you are not alone, no matter how it looks on Instagram!

3. We considered the idea that your dog is also struggling and is not actually displaying these undesirable behaviours just to annoy and frustrate you. They are doing it simply because they are a dog living in a world they don't understand.

It's not about you, yet you have the power to change it.

4. I asked you to consider the power of doing less rather than more to help your dog become calm and quiet. Give everyone a break, relax and start to trust your intuition.

PART 2

1. In this section of the book, we have done a deep dive into the Peaceful Paws Framework and how it's the solution to all of the problems that were uncovered in Part 1.

2. I caution against cherry-picking as this is a holistic approach to reducing your dog's undesirable behaviour

and as such, needs to include your dog's whole day and life.

3. 'The 4' that make up the practical elements of the Peaceful Paws Framework are revealed:

- The Language of Food
- Creating calm in the Home
- The Moment of Reactivity
- The Language of the walk

Within each of these elements we looked at why it's so important to your dog, the practical element of what to change, and the power of you.

4. Chapter 8 was a reminder to be kind to yourself as you start to implement these changes, and understand your dog has only ever been doing the best they can given the situation they have found themselves in. They have never actually been naughty! And you have only ever been doing the best you can given the thinking you have had at that time. There has been no intention in either you or your dog to be in struggle. It's all just a simple breakdown in communication.

PART 3

You have taken all you have learnt in Chapter 7 and started to experiment by changing *your behaviour.* This will allow you to see for yourself how your dog can become a calm and quiet dog more of the time. With every change you make, you will see changes in your dog.

I have cautioned you with the 7 observations I have witnessed over and over again that might cause you to not get the results

you are looking for, and might even force you to give up as you feel you just can't do it.

- Reduce your eye contact with your dog.
- Stop saying 'no, stop it, get down'.
- Give yourself a break.
- Don't become breedist.
- When in doubt, control the situation, not your dog.
- When your dog gets worse before they get better.
- This is a way of life and not a quick fix.

WHAT TO DO NEXT

I have every confidence that your dog is not broken, and that you can change your behaviour by implementing 'the 4' in a calm, clear and consistent way to the extent that your dog will become calm and quiet.

DO YOU BELIEVE IT TOO?

Now you have a choice;

1. Do you want to go it alone?

It's very possible to take the Peaceful Paws Framework that I have shared in this book, actually implement the changes and enjoy a calm and quiet dog. If this is you, I want to take this opportunity to say thank you from the bottom of my heart, not just from me, but also from your dog. What a lucky dog you have and if you know of any other dogs and their owners that would benefit from my Peaceful Paws Framework, please share this book far and wide.

2. Do you want my help and support?

Some dogs need more convincing than others to relinquish their responsibility for their human. I am an expert in guiding and supporting you to reveal your calm and quiet dog in the fastest and easiest way possible.

Book a call with me
www.juliehelpsyouhelpyourdog.co.uk/chat

How to Get More Help

I have created video demonstrations of "the 4 "and answers to the most common questions I am asked.

Video demonstrations of the following situations can be found towards the end of this book

1. How to gesture eat before feeding your dog
2. How to greet your dog in a way the creates calm in your home
3. How to practise Thank, Look and Time away when your dog is barking at their perceived danger
4. How to reintroduce your walk after a break with the help of SSCD, Stop Start and Change Direction

Q&A bonus chapter towards the end of this book.

Resources

Specific to dog behaviour:

- Think like a dog by Tony Knight
  https://tonyknightdoglistener.com/b/58od
- *The Dog Listener* by Jan Fennell available on Amazon
- The debunking of the debunking of pack theory by Colum Scriven
  https://calmercaninecooperative.wordpress.com/2024/11/25/debunking-the-debunking-of-wolf-pack-theory/

Specific to human behaviour:

- *The Inside Out Revolution* by Michael Neil book available on Amazon
- *A Little Peace of Mind* by Nicola Bird book available on Amazon or
  https://alittlepeaceofmind.co.uk/
- *Clarity* by Jamie Smart book available on Amazon

About the Author

Julie lives in Edinburgh, Scotland with her husband and 2 teenage daughters.

She loves to spend time with her family and travel abroad as much as possible. Her favourite destinations are Thailand, Sri Lanka, Greece and safari in South Africa.

Her beloved cocker spaniel Fudge passed over the rainbow bridge just before writing this book, and due to bouts of extended travel, Julie no longer feels it fair to have her own pet dog. She does enjoy bringing dogs in need and dogs of friends and family into her home for 'sleepovers' as often as possible.

As well as running her course and community **Peaceful Paws** Julie has recently joined forces with 2 colleagues to create the **School for Professional Dog Listeners.** Julie's mission in life is to bring Dog Listening into the lives of as many dogs as possible. Dog Listening by humans leads to dogs living their best, most stress free life. Julie feels this can be achieved more easily and more quickly by focusing her work on the people that own and work with dogs, rather than directly with the dogs.

When not working, travelling or taking care of dogs Julie loves to swim all year round in the sea and lochs in Scotland, the colder the better!

Bonus videos and Q&A Chapter

PRACTICE NUMBER 1 - THE LANGUAGE OF FOOD

Here are the answers to some of the most common questions:

Q. What if my dog does not even approach the bowl and wanders away?

A. Your dog has been super clear they do not want to eat, so the bowl must be lifted.

Q. What if they then come looking for food?

A. Do not give another opportunity until the next meal time. Why? Because if you offer the food when your dog has asked, who is making the decision around food? Yes you guessed it, your dog!

Q. What if my dog eats some of it, or takes the food out of the bowl and leaves it lying around the floor.

A. As soon as your dog walks away from the food, lift all of it, the bowl and anything on the floor and repeat the process at the next meal time.

Q. What if my dog has health issues and needs to eat at certain times?

A. If your dog is already well and feeding in line with your vet or dog nutritionists recommendation, then please don't mess with that. However, if you have been having ongoing issues with ensuring your dog is able to follow their recommendations because they are fussy and/or leave food, then I would highly recommend applying these practical suggestions. It will take a maximum of 4 days for them to be eating *what you want your dog to eat and when you want your dog to eat it*. It will very likely ensure any recommendations from your vet or nutritionist are much easier to follow.

Please do remember my recommendations are around your dog's behaviour with food, not the content of their food.

The longest my colleagues and I have ever had a dog intentionally not eating food when they have been offered it twice a day every day is 4 days… Your dog will not starve themself, I promise.

This can be a lot longer if you are giving lots of treats in between times, obvious I know, but worth mentioning.

Bonus Video 1; Visual demonstration of exactly how to Gesture Eat to your dog before every meal.

https://www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos

PRACTICE NUMBER 2 - CREATING CALM AT HOME

Q. You have said that my dog's natural state is calm and quiet, yet my dog is rarely calm and quiet. They are constantly on high alert and ready for anything, where do I start?

A. Start by considering how often you look at your dog and how often you talk to them, and whatever that is reduce, reduce, reduce. You will be amazed at how this little change will help your dog relax. Our dogs are super sensitive, and for some dogs just looking at them is enough for them to think, 'Oh heck, what? What do you want me to do?' And just that has them up and on alert again.

Q. I have started to keep my dog off the sofa, is it okay to let them up when they come over and ask me?

A. Congratulations, you have a super smart dog. They are learning. However, the short answer is no. Give them some more time to process what is going on, and choose of their own free will to go and rest in their safe place. **Then** you can ask them up.

Q. Why? This seems kinda cruel as they are being so polite?
A. I know, I get it. However, if you think about your role as decision-maker, who made the decision to want to get on the sofa? Yes, you guessed it—your dog. And they really need you to make the decisions.

Bonus points for being super consistent with this; this change really helps to reduce that annoying, attention-seeking behaviour when you have just sat down with a cuppa.

Q. I can see that not making eye contact with my dog when I come home is working and my dog is becoming calmer, but oh my I feel so guilty and I really want to greet them.

A. I know I know this is really tough for many of us, yet if you are looking for calm and quiet in your world this is very

important. Maybe thinking of the practice like this will help: you are not ignoring your dog, not making eye contact ***is the conversation*** your dog knows you are talking to them that's why they are calming down. If you remain calm and consistent the time it takes for them to get to the Golden 5 Minutes is only moments and the whole practice will become second nature. It's worth it for your dog's benefit.

Q. What if my visitors don't do as I ask them?

A. In an ideal world, all your visitors will give your dog this time and space when they arrive. However, in my experience, we don't live in an ideal world and other people don't do as we ask.… The most important aspect of this situation is that ***you*** feel calm, and often this means letting go of controlling others and just modelling the behaviour yourself; do what will keep you the most calm and this will encourage your dog to calm down much quicker.

Bonus video 2; Visual demonstration of how to "Greet your Dog" in a way that will take the pressure of responsibility off their shoulders.

PRACTICE NUMBER 3 - THE MOMENT OF REACTIVITY

Q. What do I do in the moment my dog starts to lunge/bark/growl towards something?

A. At this moment your dog is panicking and not listening to you. They are so intent on dealing with the perceived problem they often literally can't even hear you. Your only option at this stage is to move away from the perceived problem in the best way you can given your environment. You don't need to say anything and you definitely don't want

to shout at your dog. This simple action done quietly and calmly will help your dog feel safe knowing you do not want them to fight and it will build trust within your relationship for the future.

Q. My dog reacts and barks to noises outside my home, how can I stop this?

A. This is when you can use the process of Thank, Look and Time Away to acknowledge you have heard them, but now their barking is not required.This process is outlined in Chapter 7, section 3 and you can see a visual demonstration in bonus video number 3.

Bonus video 3; Visual demonstration of a dog reacting at home and how to help them become calm and quiet in the moment using the process of "Thank, Look and Time Away". www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos

PRACTICE NUMBER 4 - THE LANGUAGE OF THE WALK

Common Questions:

Q. What if my dog doesn't pull on the lead, but they do sit down and not move?

A. Some dogs will take control of the walk by sitting down and not moving instead of pulling on the lead. If this is happening, don't worry, the behaviour comes from the same source as pulling on the lead, essentially 2 sides of the same coin. Your dog is trying to take control of the walk. You can still implement SSCD, you just might need to be more patient as it looks like nothing is happening. If you just stop, stay calm and quiet and move off in another direction, they

will come with you, if you give them enough time to process what's happening.

Q. What if my dog stops to sniff anything and everything and I feel like we are getting nowhere?

A. Obviously it's very natural for our dogs to want to sniff, as this is their way of understanding the world around them.

Lamp posts are like Facebook for dogs! However, be aware that some dogs will use sniffing as just another way to take control of the walk. Remember, you are the decision-maker, so you decide when there is time for scrolling, sorry sniffing…and when you need to keep walking with your dog calmly by your side.

Top tip: If you get a feel that your dog is taking control, you can check, next time they are stopping to sniff, do a bit of SSCD and circle back to the same spot. If they are trying to take control of your walk and *you lead them* back to the spot there is a good chance they will suddenly not be interested anymore!

Q. I feel like walking away from every problem is just avoiding the issue and not addressing it. Why are you asking me to do this?

A. This is one of my favourite questions, as the answer will really help you to understand the core of Dog Listening. I am going to answer this one with a metaphor;

Imagine you are a young child and there is a bully at school, so you really don't want to go there. Your parents have been told that school is going to be good for you, and it's a requirement that you go every day. In this instance, you can't express how

you are feeling with words, but the closer you get to the school building the more scared you feel. You either slow down, stop and won't move, some days you get overexcited, but actually you are just scared and bouncing around trying to distract yourself. Your parents, however, don't see the signs. They just think you are being naughty, so they keep walking and your tolerance for the whole idea of going to school is ever-decreasing, until one day, you actually just sit down and refuse to move, distracting yourself by scrolling on your phone. Your parents are now becoming frustrated and worried, because you really must get to school, and what's the problem? Everyone goes to school. Now you are feeding from their energy, feeling your parents' worry and stress and you are still feeling scared about going to school. At the school gates, you start to become really reactive and put your foot down. You scream and cry in the hope they will hear you and take you away. But still, they insist on going to school. They are now bribing you with treats. If you behave well, you will receive some sweets or your favourite magazine. But you are so frustrated and scared that even that doesn't feel good.

Now imagine you are a young child and there is a bully at school, but your parents employ a very different strategy to get you to school.

As you approach the school gates, they are listening to you and noticing the signs that you are worried. They realise that although school is the thing that 'everyone' does and they really want you to benefit from school, they can see you are struggling way before your moment of reactivity, screaming and crying at the school gates. They have kept you off school to allow your nervous system to settle, and assured you that if you don't make it back to school the first day you try, that's okay.

Phew, now the pressure is off, so you feel a bit calmer already. Your parents feel calmer, so there is no stressy energy to feed off. Now, as you approach the school gates on the first day back, you feel the familiar tension and sick feeling rise in your chest, but this time your parents notice. They stop and turn back, giving you a bit of time to breathe and settle yourself, no pressure. Today, you just can't do it, so you go home, but that's okay. You try again, and after a few attempts of approaching the gates, with their patience, calm and confident energy, you too find the confidence to walk in. You may not be able to do it every day and you may not be able to stay the whole day, but over time, and building your confidence at your pace, you overcome your fear of school.

In both scenarios, the child is actually in school, but in the first, they are feeling scared and worried; in the second, they are feeling calm and confident.

Now, let's circle back to your dog and their walk. The walk is happening, but when you take your walk while implementing Dog Listening Practice Number 4, your dog is going to feel calm and confident, rather than stressed and worried. That's why I recommend that if you have a reactive or nervous dog, walk away and build up their confidence slowly.

Q. I use treats on my walk to distract my dog and provide a positive reinforcement when they look at me when they are triggered, is this still okay?

A. There is a time and a place for using food as a reward for your dog's behaviour, usually if you are taking time for obedience training in a quiet place with few of your dogs triggers. However, it's not helpful when dealing with reactive behaviour, there are a couple of reasons for this:

1. Imagine the scene: you are walking along scanning the horizon for 'the thing' that might trigger your dog, you see it and start to take control of the situation by trying to stay calm. You pull your dog closer, asking them to sit and look at you so you can distract them and give them the food. 'The thing' passes, or you have enough control now to take your dog away, and you move on with your walk. This is repeated lots of times on every walk until your dog realises that all they have to do to get some food is to react. You will then take control and ask them to sit and they will get a food reward.

Can you see how without considering the whole situation and relationship with your dog, this very good intention can result in an innocent training of your dog to react?

This is one of the reasons I recommend using food rewards sparingly.

2. Some dogs are just not interested in food at that moment of reactivity. They are already way too full of adrenaline and not listening and for other dogs just the presence of food causes them to start bouncing around and not listening.

Bonus Video 4; A visual demonstration of getting started on your walk using SSCD to ensure your dog is calm and quiet while out and about from your home.
www.juliehelpsyouhelpyourdog.co.uk/bookbonusvideos

If you have any more questions or would like my support, please book a call here and let's take that next step towards enjoying a calm and quiet dog.
www.juliehelpsyouhelpyourdog.co.uk/chat