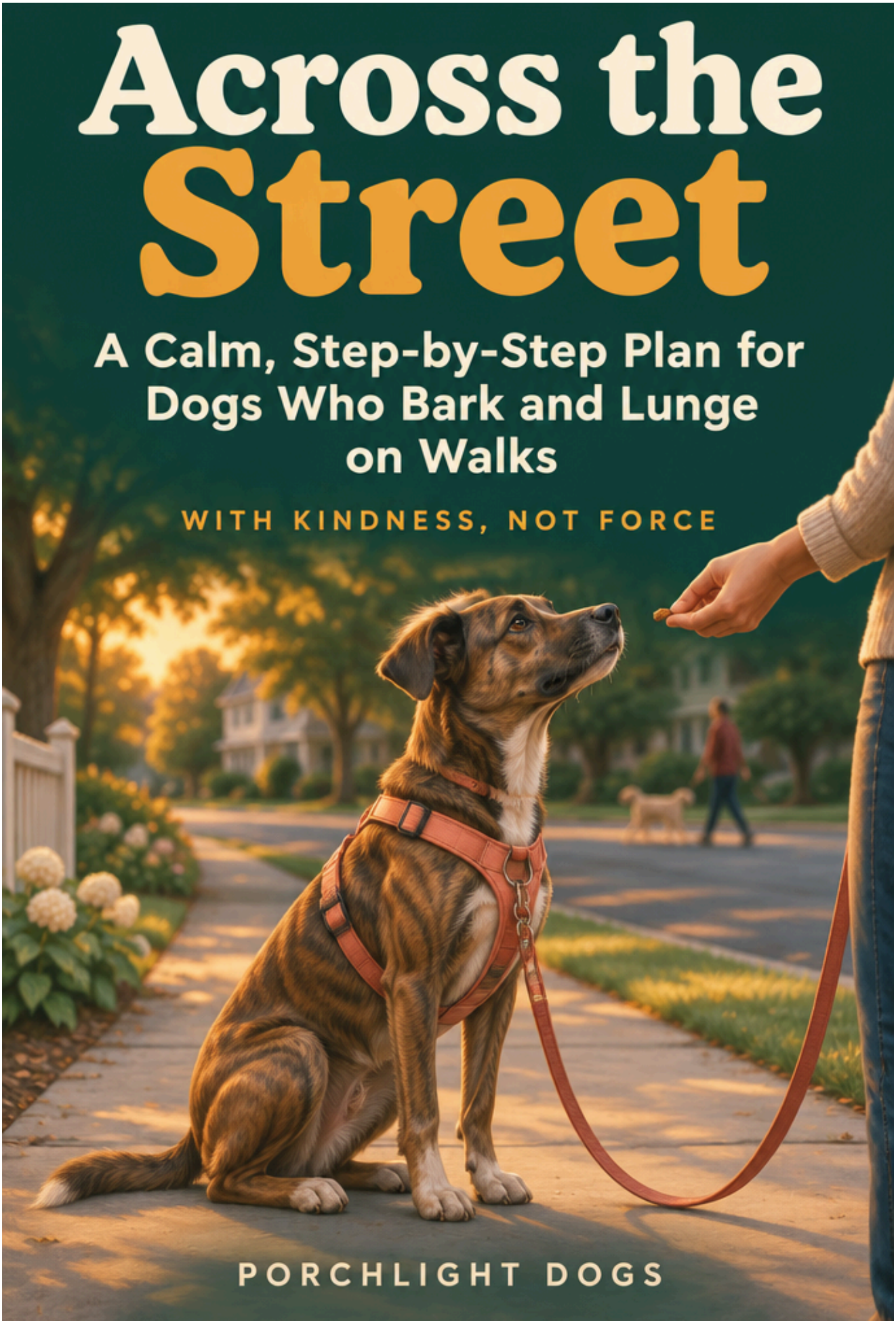
Across the Street

A Calm, Step-by-Step Plan for Dogs Who Bark and Lunge on Walks

WITH KINDNESS, NOT FORCE



PORCHLIGHT DOGS

Across the Street

A calm, step-by-step plan for dogs who bark and lunge on walks. With kindness, not force.

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BEFORE YOU START

Read This First

Five minutes here will make the rest of the book work better.

Important safety notice

PLEASE READ

This book is general education for pet owners. It is not veterinary advice and it does not replace a qualified professional who can see your dog.

- **If your dog has bitten a person or another dog,** or you are worried that they might, work with a qualified behavior professional before you follow any plan, including this one.
- **If the reactivity started suddenly,** or your dog is older, limping, or less tolerant of touch, see your vet first. Pain is a common, hidden cause of grumpy behavior.
- **If you can't hold your dog safely,** keep walks short and quiet, choose very low-traffic times, and get hands-on help.

Who this book is for

This book is for the person whose walk turns into a show. You see a dog, a jogger, a bike, or a kid on a scooter. Your dog stiffens, stares, then barks, spins, or lunges at the end of the leash. Neighbors look. You go home tired and a bit embarrassed.

If that's you: you are not a bad owner, and your dog is not a bad dog. Leash reactivity is one of the most common reasons people look for help with their dog. It's a learned pattern, and learned patterns can change.

This book is for dogs who react on leash to other dogs, people, or moving things. It is *not* a plan for dogs who have injured someone. That needs a professional on site.

What to expect, honestly

We won't promise your dog will love every dog on earth by next Tuesday. Here's what's realistic:

- Most owners see **smaller reactions and faster recovery** before they see no reaction at all.
- Progress looks like a staircase with flat steps, not a straight line. Bad days happen. They don't erase the good ones.
- The goal is a dog who can **notice a trigger, stay able to think, and turn back to you.** Many dogs get there. Some dogs will always need extra space, and that's fine.

Results vary with every dog, their history, their health, and how often they meet triggers they aren't ready for.

The methods in this book

Everything here uses rewards, distance, and smart setups. No leash pops, no shock or prong collars, no spray bottles, no yelling. That's not just about being nice. Reviews of the research link aversive methods with more stress and fear in dogs, and reactivity is very often driven by fear in the first place. Adding fear to fear rarely helps.

The games in this book are built on well-known, reward-based techniques used by trainers and behavior professionals. You'll find the main sources at the end.

START HERE

How to Use This Book

You don't need to read it all before your first walk.

The whole idea on one page

1
Space
Find the distance where your dog can see the trigger and still eat a treat.

2
See it, get paid
Trigger appears, treats appear. Trigger leaves, treats stop.

3
Look back
Your dog starts to glance at the trigger and turn to you on their own.

4
Closer, slowly
Only move closer when the current distance is easy.

5
Protect it
Avoid big blow-ups while you train. Every one is a rehearsal.

That's it. The rest of the book is how to do those five things well, in real streets, with a real dog.

Pick your route

If this sounds like you	Start with
"Walks are chaos right now."	Chapter 2 (management) today, then Chapter 3 at home.
"My dog is OK far away but loses it up close."	Chapter 4, the Distance Game.
"We're doing better, but surprises wreck us."	Chapter 5, especially the Exit Plan and surprise encounters.
"I want a plan to follow."	Chapter 6, the 4-week plan.

How much time this takes

Plan on **two or three short sessions a day** of 3 to 10 minutes, plus your normal walks. Short and frequent beats long and rare. A tired, stressed dog learns poorly, and so does a tired, stressed human.

What the boxes mean

TRY THIS
A step you can do today.

WATCH OUT
A common mistake or a safety point.

GOOD TO KNOW

The why behind a step.

EXAMPLE

How it looks with a real-life dog. Examples are composites, not real clients.

PART 1 · CHAPTER 1

Why Your Dog Reacts

The lunging is the loud part. The feeling underneath is the part we train.

In this chapter

- The three feelings behind most reactivity
- Your dog's "threshold" and why it matters more than anything
- Trigger stacking: why Tuesday is fine and Wednesday is a disaster

1.1 What "reactive" really means

"Reactive" isn't a diagnosis. It's a description: your dog reacts more strongly than the situation calls for. Barking, lunging, growling, spinning, or freezing and staring are all ways a dog says, "This is too much for me right now."

Most reactive dogs are not aggressive dogs. Many are perfectly sweet at home, at the vet, and with their dog friends off leash. The leash, the sidewalk, and the sudden appearance of something new are what tip them over.

1.2 Three common feelings behind the barking

Feeling	What it can look like	What the dog wants
Fear	Ears back, weight shifted away, barking while backing up, hackles up, sometimes a lunge "to make it go away."	Distance. "Please go away."
Frustration	Pulling hard toward the other dog, whining, high-pitched barking, sometimes fine once they actually meet.	Access. "Let me go over there!"
Over-excitement	Bouncy, loud, hard to reach, jumps around at the end of the leash.	To release energy and get to the fun thing.

Many dogs are a mix, and it can change from trigger to trigger. Good news: the plan in this book works for all three, because it changes how your dog *feels* about the trigger and gives them a better thing to do.

GOOD TO KNOW

Why the leash matters: on leash, a dog can't do what dogs normally do when unsure, which is curve away, sniff, and keep distance. Stuck on a straight sidewalk, heading face-first toward another dog, many dogs feel trapped. Barking becomes their way of making space.

1.3 Threshold: the most important idea in this book

Every reactive dog has a distance where they can notice a trigger and still think. Closer than that, the thinking brain switches off and the reaction takes over. Trainers call this line the **threshold**.

- **Under threshold:** your dog sees the other dog, maybe stiffens a little, but can still take a treat, respond to their name, and turn away.
- **At threshold:** your dog stares hard, stops taking treats or snatches them, and ignores you.
- **Over threshold:** barking, lunging, spinning. No learning happens here except "barking works."

Your whole job, for the next few weeks, is to keep your dog **under threshold** as often as you can. That's where learning happens.

> **TRY THIS: THE TREAT TEST**
>
> On your next walk, when you spot a trigger far away, offer your dog a really good treat. Takes it gently? You're under threshold. Snatches it hard, or ignores it? You're too close. Add distance until they can eat again. That distance is your starting point.

1.4 Trigger stacking

Stress adds up. A dog who heard fireworks last night, met a loud truck this morning, and skipped their usual sniff walk has a fuller "stress bucket" by the afternoon. The same neighbor dog they ignored on Monday might send them over the top on Wednesday.

That's why reactivity can seem random. It usually isn't. Write down what happened in the 24 hours before a big reaction (the tracker at the end of this book helps), and you'll often see the pattern.

> **EXAMPLE**
>
> Bella, a two-year-old shepherd mix, could usually watch dogs from across the street. One Saturday she exploded at a small terrier 40 feet away. Her owner looked back: a thunderstorm the night before, guests in the house all morning, and a skipped breakfast walk. Bella wasn't "getting worse." Her bucket was full.

1.5 Body language: the early warning signs

Dogs rarely go from zero to lunging. There are earlier signals, and if you learn them, you can act before the explosion:

- [ ] Ears pricked hard forward or pinned back
- [ ] Body goes still; tail rises stiffly or tucks
- [ ] Hard stare that doesn't break
- [ ] Mouth closes tightly, panting stops
- [ ] Weight shifts forward onto the front legs
- [ ] Lip licking, yawning, or sniffing the ground suddenly (stress signals)

The moment you see any of these, that's your cue: **add distance or start the Distance Game now**. Don't wait for the bark.

1.6 Why punishment backfires here

It's tempting to correct the barking with a leash pop or a sharp "No!" It can even seem to work for a moment. Here's the problem: if your dog is barking because they feel worried about other dogs, a painful or scary correction every time a dog appears teaches them that other dogs predict bad things. The fear grows, even if the barking gets quieter. Some dogs learn to stop warning, then react with less notice. We want the opposite.

1.7 Check the basics first

- [ ] **Vet check.** Pain, itchy skin, ear infections, and thyroid problems can all lower tolerance. A 2020 review by Mills and colleagues estimated that around a third of dogs referred for behavior problems had a painful condition.
- [ ] **Sleep.** Adult dogs typically need a lot of rest. A dog who never fully rests is easier to tip over.
- [ ] **Sniffing time.** Slow, sniffy walks in quiet places lower stress. They count as training.
- [ ] **Food and treats.** You'll be using lots of treats. Ask your vet about adjusting meals so your dog stays at a healthy weight.

PART 1 · CHAPTER 2

Stop the Rehearsals

Management isn't cheating. It's the fastest way to make training work.

In this chapter

- Why every blow-up makes the next one easier
- Smart walk times, routes, and gear
- The emergency U-turn you'll use every day

2.1 Every reaction is practice

Each time your dog barks and lunges and the other dog walks away, your dog learns that barking works. From their point of view, it made the scary thing leave. So while you train, the single most helpful thing you can do is **reduce the number of big reactions**.

That might mean fewer "normal" walks for a few weeks. That's OK. Two calm 15-minute sniff walks teach more than one stressful hour around the block.

2.2 Change when and where you walk

- **Go when it's quiet.** Early morning or later in the evening usually means fewer dogs. Note when the busy dog-walkers are out, and avoid that window.
- **Pick wide spaces.** Open parks, big parking lots on a Sunday, wide streets, and school fields after hours give you room to move away.
- **Avoid tight spots.** Narrow sidewalks with parked cars, apartment hallways, and blind corners are where surprises happen.
- **Drive somewhere boring.** A quiet industrial park or a big empty lot can be heaven for a reactive dog. Sniffing, no triggers, lots of rewards.

2.3 Gear that helps

Gear	Why it helps
Well-fitted harness	A front- or back-clip harness takes pressure off the neck when your dog lunges. Pressure on the throat can add discomfort and frustration.
6-foot leash	Long enough to let your dog move, short enough to control. Skip retractable leashes for now; they make sudden lunges harder to manage.
Treat pouch	You'll need treats in your hand within a second. A pouch on your hip beats digging in a pocket.

Gear	Why it helps
High-value treats	Small, soft, smelly: chicken, cheese, hot dog bits, or whatever your dog loves most. Kibble rarely wins against a barking dog across the street.
Basket muzzle (optional)	Only if a professional or your vet suggests it, or your dog has a bite history. Train it slowly with treats so your dog likes wearing it. A muzzle is a safety tool, not a punishment.

2.4 Block the view at home

Many reactive dogs practice all day at the front window, barking at every dog and mail carrier who passes. That's hours of rehearsal. Use frosted window film on the lower half of the window, move the couch, or close the blinds in the room your dog uses as a lookout. Fewer rehearsals at home make walks easier.

2.5 The emergency U-turn

This is your number one tool for surprises. You'll teach it at home first, so it works on autopilot outside.

1. In your living room, walk with your dog on leash. Say a happy "This way!" in a light voice.
2. Turn around 180 degrees and walk briskly in the other direction.
3. The moment your dog turns with you, say "Yes!" and give a treat right by your leg.
4. Repeat 5 times per session, a few sessions a day, for a week.
5. Practice in the yard, then on quiet streets, before you need it for real.

> **WATCH OUT**
>
> Don't save "This way!" only for emergencies, or it will start to predict scary things. Practice it ten times for fun for every one time you need it.

2.6 Other ways to make space

- **Cross the street** early, before your dog is over threshold.
- **Step behind a parked car** to block the view and feed treats while the trigger passes.
- **Turn into a driveway** and scatter a handful of treats on the ground. Sniffing keeps your dog busy and calm.
- **Arc wide.** Walking in a curve past another dog, instead of straight at them, is more polite in dog language and less tense.

PART 2 · CHAPTER 3

Foundation Skills at Home

Practice where it's easy, so the skills are there when it's hard.

In this chapter

- Your marker word
- Four simple skills you'll use on every walk
- How to know a skill is ready for the street

3.1 Your marker: "Yes!"

A marker is a word that means "That! Right there! A treat is coming." It lets you pay your dog for the exact second they do the right thing, like glancing at a dog and looking back at you.

1. Sit with 10 small treats. Say "Yes!" in a bright voice, then give a treat. No need for your dog to do anything.
2. Repeat 10 times. Do two or three rounds over a day.
3. Test it: when your dog is looking away, say "Yes!" If they whip their head toward you, the word is charged.

3.2 Name game

Your dog's name should mean "turn to me, good things happen." Many reactive dogs have learned to tune it out because it's been yelled at them during blow-ups.

1. Say your dog's name once, in a happy voice.
2. The moment they look at you, say "Yes!" and treat.
3. If they don't look, make a kissy noise, then reward when they do. Next time, try in a quieter room.
4. Build to 20 quick reps a day, in different rooms, then the yard.

3.3 Hand target: "Touch"

A hand target gives your dog a clear job and lets you move them quickly away from trouble.

1. Hold your flat palm a few inches from your dog's nose. Most dogs sniff it.
2. The second their nose touches your palm, "Yes!" and treat from the other hand.
3. After 10 good reps, add the word "Touch" just before you present your hand.

4. Move your hand around: higher, lower, a step away. Your dog should follow it.

> **GOOD TO KNOW**
> On a walk, "Touch" with your hand behind you turns your dog around in one move. It's a softer version of the U-turn.

3.4 "Find it": the sniffing reset

Sniffing naturally lowers arousal. "Find it" turns that into a cue you can use any time.

1. Say "Find it!" and drop a treat right at your feet. Point to it if needed.
2. Repeat, then start tossing treats a little farther away.
3. Try scattering five or six treats in the grass. Your dog's nose goes down, breathing slows, and they calm down.

Outside, "Find it" is perfect when a trigger passes and you can't get away: your dog's head is down, sniffing treats, while the other dog walks by.

3.5 "Let's go": walking away together

This is the U-turn's everyday cousin: a cheerful cue that means "we're changing direction now."

1. In a quiet place, say "Let's go!" and walk off in a new direction.
2. Reward your dog for following within a second or two.
3. Practice in the hallway, yard, and quiet streets until your dog spins with you instantly.

3.6 Is the skill ready for the street?

Use the **80% rule**: if your dog gets it right 8 times out of 10 in one place, make it a little harder (new place, small distraction). If they get fewer than 6 out of 10, make it easier.

Skill	Ready for walks when your dog can...
Marker "Yes!"	Turn to you when you say it in the yard.
Name game	Look at you when called on a quiet street.
Touch	Follow your hand three steps away from a distraction like a leaf blowing.
Find it	Sniff and eat scattered treats on a sidewalk.
Let's go / U-turn	Turn with you instantly on a quiet street, 9 times out of 10.

PART 2 · CHAPTER 4

The Distance Game

The heart of the plan: change how your dog feels about the trigger.

In this chapter

- Finding your dog's working distance
- "Trigger = treats," the core game
- Look and Turn: when your dog starts checking in by themselves

4.1 Find your working distance

Pick a spot where you can see triggers from far away, like the edge of a park, the far end of a parking lot, or across from a busy dog-walking path. Start far. Farther than you think.

1. Bring your best treats and a mat or a folding chair if you like.
2. Watch for a dog to appear in the distance.
3. Use the treat test from Chapter 1. If your dog eats gently and can look away from the dog, this is a good working distance.
4. Write it down: "Comfortable at about 80 feet" or "about the width of the parking lot."

WATCH OUT

Being too close is the most common reason this game fails. If your dog is staring, stiff, or refusing food, you're too close. Back up. There's no prize for training near the trigger.

4.2 Trigger means treats

This is a classic counter-conditioning game. The goal is to make the sight of another dog predict wonderful things.

1. The moment your dog **sees** the trigger, start feeding small treats, one after another, about one per second.
2. Keep feeding as long as the trigger is in view. You don't need your dog to look at you. Just feed.
3. The moment the trigger disappears, **stop** the treats. Go back to quiet, normal time.
4. Repeat with every trigger that appears, at a comfortable distance.

> **GOOD TO KNOW**
>
> The order matters: trigger first, then treats. If treats come before your dog sees the trigger, the treats start to predict the trigger instead of the other way around. Let your dog notice, then feed.

4.3 Look and Turn

After several sessions of "trigger means treats," many dogs start doing something wonderful: they see the other dog, then look up at you, as if to say "Where's my treat?" Now you can level up.

1. Your dog notices the trigger.
2. Wait one or two seconds. Most dogs glance back at you.
3. The second they look away from the trigger, say "Yes!" and treat.
4. If your dog stares for more than three seconds without turning, you're too close. Say "Let's go" and move farther away.

Over time, your dog learns a new habit: see a dog, look at my person. That's the behavior you'll see on calmer walks.

> **EXAMPLE**
>
> Milo, a 4-year-old beagle mix, started the game at the far end of a church parking lot, about 120 feet from the sidewalk. By the second week he was turning to his owner after each passing dog. By week four, they were working at about half that distance on good days.

4.4 Moving closer, the right way

Only move closer when your dog has been easy at the current distance for **three sessions in a row**: relaxed body, eating gently, turning back to you quickly.

- Move closer in small steps: a few car lengths, not half the park.
- When you make one thing harder, keep the rest easy. New closer distance? Use a calm, quiet trigger dog and your best treats.
- Expect to step back sometimes. That's part of the plan, not a failure.

4.5 Mixing in movement

Standing and watching is a great start. Real walks involve movement. Once standing is easy, try parallel walking: you walk along one side of the park, the trigger walks along the other, both going the same way. Feed when your dog notices the other dog. Moving in the same direction feels much less confrontational to most dogs than walking head-on.

4.6 Using your dog's real-life rewards

Treats are great, but some dogs want something else even more: a sniff of a great bush, a chance to move away, a toy. If your dog checks in with you near a trigger, you can say "Yes!" and walk them away to sniff a favorite spot. Distance and sniffing are rewards too.

PART 2 · CHAPTER 5

Real Walks, Real Life

Plans meet the neighborhood. Here's how to handle it.

In this chapter

- The calm-walk checklist
- Your Exit Plan when things go wrong
- Surprise encounters and off-leash dogs

5.1 Before you leave the house

- [ ] Treat pouch full of high-value treats
- [ ] Harness on, leash checked
- [ ] Route planned, with escape options (side streets, driveways, parking lots)
- [ ] Quiet time of day chosen
- [ ] A few rounds of "Touch" and "Find it" in the hallway to warm up
- [ ] Your own mood checked: if you're rushed or stressed, keep it short

5.2 The three-second rule

When your dog spots a trigger, you have about three seconds before most reactive dogs escalate. Use them:

1. **Second 1:** Notice. Your dog stiffens or stares.
2. **Second 2:** Decide. Can they eat a treat at this distance? If yes, play the Distance Game. If no, make space.
3. **Second 3:** Act. Treats start flowing, or "Let's go!" and you're turning away.

5.3 When it goes wrong: your Exit Plan

It will happen. A dog pops out from behind a car, and your dog explodes. Here's what to do:

1. **Stay quiet.** Don't yell, jerk the leash, or try to reason. Your dog can't hear you right now.
2. **Move away.** Turn and walk calmly in the opposite direction, using the leash gently and your body to guide.
3. **Get distance first, treats second.** Once your dog can eat again, offer "Find it" with a few treats on the ground.

4. **Head home or to a quiet spot.** Your dog's stress bucket is full. Don't push on with the planned route.
5. **Give a calm day after.** Sniff walks in quiet places, chew toys, rest. Stress takes time to fade.

> **GOOD TO KNOW**
> One bad moment doesn't undo weeks of work. What matters is the overall balance: lots of calm, successful sightings and as few blow-ups as possible.

5.4 Surprise encounters at close range

Sometimes you can't turn around: a narrow path, a dog suddenly very close. Options:

- **Put something between you.** Step behind a car, a tree, a mailbox. Block the line of sight.
- **"Find it" scatter.** Toss a handful of treats behind you so your dog turns and sniffs while the other dog passes.
- **Hand target backward.** "Touch!" with your hand by your back pocket, and walk away while your dog follows it.
- **Stand between.** Position yourself between your dog and the trigger, and calmly keep walking.

5.5 Off-leash dogs coming at you

This is every reactive dog owner's nightmare. A few strategies people find useful:

- Call out clearly and early: "Please call your dog! Mine needs space!" Most owners respond.
- Turn and walk away briskly with your dog. A dog who is approaching often loses interest if you don't face them.
- Toss a handful of treats toward the approaching dog. Many dogs stop to eat, buying you time to leave.
- Step between your dog and the other dog if it's safe for you to do so.

> **WATCH OUT**
> Never put your hands between fighting dogs. If a fight happens, your safety comes first. Afterward, check both dogs and see a vet for any injury, even small punctures.

5.6 People who want to say hi

Friendly strangers can be a problem too. You're allowed to say no.

Short and polite:
"Thanks for asking! He's in training and needs space today."

If they keep coming:
"Please stop there. He's nervous and I don't want him to bark at you."

Some owners use a yellow leash sleeve or vest that says "Needs Space." It helps some people understand, but don't rely on it alone.

PART 3 · CHAPTER 6

Your 4-Week Plan

A simple, flexible schedule. Move at your dog's speed, not the calendar's.

Each week has a focus, three short sessions a day, and a "ready to move on" check. If your dog isn't ready, repeat the week. That's normal.

Week 1: Reset	Management + home skills
Daily	Change walk times and routes (Chapter 2). Block the front window. Two quiet sniff walks.
Session 1	Charge "Yes!" and play the Name game (Sections 3.1 and 3.2).
Session 2	Touch and Find it (Sections 3.3 and 3.4).
Session 3	U-turn and Let's go practice in the house and yard (Sections 2.5 and 3.5).
Ready to move on: skills work 8/10 times in the yard.	

Week 2: Watch from Far	Distance Game begins
Daily	Keep quiet walks. Use U-turns early to avoid blow-ups.
Session 1	Find your working distance (Section 4.1). Ten minutes max.
Session 2	Trigger means treats at that distance (Section 4.2).
Session 3	Home skills refresh: Touch, Find it, Name game in new places.
Ready to move on: your dog eats calmly when triggers appear at the working distance.	

Week 3: Look and Turn	Your dog starts checking in
Daily	One planned training walk, one sniff walk in a quiet place.
Session 1	Look and Turn at the working distance (Section 4.3).
Session 2	Parallel walking with a trigger far away (Section 4.5).
Session 3	Practice the three-second rule on a normal walk (Section 5.2).
Ready to move on: your dog looks back at you within 2-3 seconds of seeing a trigger.	

Week 4: A Little Closer	Real-world walks
Daily	Normal walks with a plan, Exit Plan in your pocket.
Session 1	Distance Game a few steps closer, only if week 3 was easy (Section 4.4).
Session 2	Practice surprise-encounter moves with a helper if you can (Section 5.4).
Session 3	Real-life rewards: sniff a favorite spot after a good check-in (Section 4.6).
Keep going: repeat weeks 3-4 at gradually closer distances.	

6.1 After week 4

Most dogs need more than four weeks to feel truly relaxed around triggers. Keep playing the Distance Game a few times a week, slowly shrinking the distance. Keep protecting your dog from blow-ups. Over months, many owners find their dog notices triggers, glances back, and carries on. That's the goal.

PART 3 · CHAPTER 7

Troubleshooting and Getting Help

Common sticking points, and when to call in a professional.

7.1 Common problems

Problem	Try this
"My dog won't eat outside at all."	Your dog may be too stressed. Go somewhere quieter, try better treats, and practice "Find it" in very calm places first. Hand-feed part of breakfast on quiet walks.
"It worked, then it got worse."	Check for trigger stacking (Section 1.4), a recent scare, or a health change. Step back to an easier distance for a week.
"My dog only reacts to certain dogs."	Very common. Big dogs, small dogs, dogs that stare, dogs on tight leashes. Train with easier triggers first, and keep more distance from the hard ones.
"I get tense, and my dog notices."	Normal. Take a slow breath out when you see a trigger, loosen your shoulders, and focus on your plan. A plan reduces your stress too.
"My dog reacts more at the end of the leash."	Check leash tension. Keep it loose when possible, and use distance instead of holding tight.

7.2 When to get a professional

- Your dog has bitten, or you think they might.
- The reactivity is getting worse despite good management.
- Your dog reacts to people in your home or family members.
- You feel unsafe or overwhelmed.

Look for professionals who use reward-based methods. Credentials to look for include veterinary behaviorists (DACVB), certified applied animal behaviorists (CAAB), and certified behavior consultants (such as CDBC or CBCC-KA). Ask how they train. Avoid anyone who suggests shock, prong, or choke collars.

> **GOOD TO KNOW**
>
> For some dogs with intense fear or anxiety, a vet may discuss medication as part of a behavior plan. That's a medical decision for your vet, not a sign of failure. Many dogs learn better when their anxiety is lower.

TOOLS

Appendix

Print these pages and keep them by the door.

A. Trigger profile

Trigger	Comfortable distance	Notes
Small dogs		
Large dogs		
People walking		
Joggers / bikes		
Kids / scooters		
Other:		

B. Walk log

Score each walk: **0** = over threshold, big reaction · **1** = small reaction, quick recovery · **2** = noticed, stayed calm · **3** = noticed and checked in.

Date	Trigger & distance	Score	What helped / what to change

C. One-page walk card

> KEEP THIS IN YOUR POCKET
>
> **1. See a trigger? Can my dog eat? Yes → treats flow. No → make space.**
>
> **2. Trigger leaves → treats stop.**
>
> **3. Dog looks back at me → "Yes!" and treat.**
>
> **4. Surprise? "This way!" U-turn, then Find it.**
>
> **5. Blow-up? Quiet, away, calm day tomorrow.**

Sources and further reading

1. American Veterinary Society of Animal Behavior (AVSAB). *Position Statement on Humane Dog Training*. 2021. avsab.org
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5. McDevitt, L. *Control Unleashed: Creating a Focused and Confident Dog*. Clean Run Productions, 2007.

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