

**Instructions:** This diary is a way to help you observe and record what is triggering your dog’s reactions. By narrowing down the causes (triggers) of her reactions you will not only be able to better manage her environment so that she doesn’t feel the need to react, we will also be able to develop a plan to change her associations to those perceived threats.

**Analyzing Triggers.** Think of this as a daily diary of interactions your dog has with others. “She saw that, then said this, and then I...”

The more detailed your notes, the easier it will be to identify patterns in your dog’s responses to specific people and dogs. Not both the positives, not so positives and negatives.



**SAMPLE:**

Date	Context	What my dog did...	What I did...	Other details...	Future management?
2/10	At dog park, woman with yellow puffy jacket walked by us (about 15’ away)	Barked, stared, followed person	Called her too me, gave treats and moved to other side of park	It had been 2 weeks since we were at the park. Nice day and lots of people out.	I will ask her to come to me when I see puffy bright colored jackets and take note of how she reacts to similar clothing
2/10	On walk with both dogs, long haired Doodle approaching, same side of street, about 5 cars away	Stared, focused, barked, pulled toward them	Happy talked, “Let’s go” and crossed street while feeding chicken	She was fine until the dog got 2 car lengths from us	Cross the street earlier to get more distance
2/11	On walk, just Nini, dog approaching (7 cars away)	Nini saw the dog....	I happy talked, put treats in her face and fed her until we crossed the street and she could not see the other dog	She had been to daycare, It was before dinner, so she was hungry	None needed. Training success!

**Management is your new best friend!** If you have discovered some reliable triggers that upset her, be sure to not repeat them.

**Updates: Email me to share your diary frequently.** Having an outside expert eye will help us to zone in on those triggers quicker.

Use the below or start your own. Be sure to have it handy so you can jot down details while they are fresh.



These will be flip flopped when you are in proactive management mode.  
AND accomplishing it will be easier once we know those triggers!



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