

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 his reactions you will not only be able to better manage his environment so that he doesn’t feel the need to react, we will also be able to develop a plan to change his associations to those perceived threats.

Analyzing Triggers. Think of this as a daily diary of interactions with your dog. “I said this, then he said that, and then I...”

The more detailed your notes, the easier it will be to identify patterns in your dog’s responses to your interactions together. Jot both the positives, not so positives and negatives.

SAMPLE:



Date	Context	What I did...	What he did...	How I reacted...	Future management?
8/1	In living room after a 30 min p.m. walk	I approached to pet him while he was settled in lying next to the couch	He shook, bared his teeth, then growled	I back away and softly said “sorry buddy, ok”	I will ask him to come to me for pets
8/2	In living room after 15 min a.m. walk	I called him to me and used “touch” cue, then pet him briefly	He happily came over, got a treat, then went back to lying down	I did a little happy dance then sat on the couch away from him	None needed. Success!!
8/2	In kitchen	He I approached to shoe him away while cooking dinner	His eyes got wide and his hair stood up	I said “sorry buddy” and tossed some treats	I will use “find it” and toss treats first next time to move him out of my space

Management is your new best friend! If you have discovered some reliable triggers that upset him, 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.



Date	Context	What I did...	What he did...	How I reacted...	Future management?