

Scaredy Dog: Understanding and Rehabilitating Your Reactive Dog

Reactive dogs are dogs that display aggressive or fearful behavior towards other dogs, people, or objects. This behavior can be a major challenge for dog owners, and can make it difficult to enjoy activities like walking, playing, or socializing with your dog. If you have a reactive dog, it's important to understand that they are not bad dogs. They are simply dogs who have learned to react in a certain way to certain triggers. With the right training and support, you can help your reactive dog overcome their challenges and live a happy, fulfilling life.



Scaredy Dog! Understanding & Rehabilitating Your Reactive Dog by Ali Brown

★★★★☆ 4.4 out of 5

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Understanding Reactive Dogs

The first step to rehabilitating a reactive dog is to understand what causes their reactivity. There are many different factors that can contribute to reactivity, including:

- **Genetics:** Some dogs are simply more prone to reactivity than others. This is likely due to a combination of factors, including genetics and temperament.
- **Early experiences:** Dogs who have had negative experiences with other dogs, people, or objects are more likely to develop reactivity. These experiences can include being attacked, being teased, or being punished for interacting with other dogs.
- **Underlying medical conditions:** Some medical conditions, such as pain or anxiety, can make dogs more reactive. If you suspect that your dog's reactivity may be due to an underlying medical condition, it's important to take them to the vet for a checkup.

Rehabilitating Reactive Dogs

Once you understand what causes your dog's reactivity, you can start to develop a rehabilitation plan. The goal of rehabilitation is to help your dog learn to cope with their triggers and to behave calmly and appropriately in all situations. There are many different techniques that can be used to rehabilitate reactive dogs, including:

- **Desensitization and counter-conditioning:** This technique involves gradually exposing your dog to their triggers in a controlled environment. The goal is to help your dog learn that their triggers are not dangerous and that they can remain calm in their presence.
- **Behavior modification:** This technique involves teaching your dog new, positive behaviors that are incompatible with their reactive behavior. For example, you might teach your dog to sit and stay when they see another dog, instead of barking and lunging.

- Medication: In some cases, medication may be necessary to help control your dog's reactivity. Medication can be used to reduce anxiety, fear, and aggression.

The Scaredy Dog Approach

Scaredy Dog: Understanding and Rehabilitating Your Reactive Dog is a comprehensive guide to helping fearful and anxious dogs overcome their challenges. The book provides a step-by-step approach to rehabilitation, including:

- Identifying your dog's triggers
- Developing a desensitization and counter-conditioning plan
- Teaching your dog new, positive behaviors
- Using medication to control your dog's reactivity

The Scaredy Dog approach is based on the latest scientific research on dog behavior and learning. The book is written in a clear and concise style, and is packed with practical tips and advice. If you have a reactive dog, Scaredy Dog is the essential guide to helping them overcome their challenges and live a happy, fulfilling life.

Reactive dogs can be a challenge, but with the right training and support, they can overcome their fears and anxieties and live happy, fulfilling lives. Scaredy Dog: Understanding and Rehabilitating Your Reactive Dog is the essential guide to helping your reactive dog overcome their challenges. The book provides a step-by-step approach to rehabilitation, based on the latest scientific research on dog behavior and learning. If you have a

reactive dog, Scaredy Dog is the must-have resource for helping them live a happy, healthy life.



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