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**CLIENT TOOLS + RESOURCES**

Fear or Frustration Checklist

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| 1. | **Is this a young, drivey, high-energy dog who could be bored?**See what impact extra exercise and enrichment has on the home alone behaviours. Frustrated behaviours respond well to extra exercise and enrichment – tired dogs won’t stop panicking, but they will give up if it’s not panic. |
| 2. | **Is the dog being left for long periods and potentially under-exercised, lacking enrichment?** |
| 3. | **Is this a new condition? Is the dog middle- to senior aged and has only recently started with these problem home alone behaviours?**Late onset SRB, especially prolonged, is a red flag for anxiety. However, check for environmental changes here too – new neighbours, construction, any new bings or beeps in the house. |
| 4. | **Has the owner been trying to work on the home alone issues for some time?**Anxiety-based behaviours aren’t quickly resolved. The amount of time spent working on this problem could indicate whether fear is present, rather than frustration. Typically if an owner has been trying to resolve this for some time, there’s a good chance it’s anxiety. |
| 5. | **Does the dog bark/chew/destroy or act up the WHOLE time the owner is out? Or does the owner report that he/she stop well before their return?**Anxious dogs are more likely to keep going and going and going. They are persistent. Bored dogs will give up more easily. |
| 6. | **Has there recently been a major change in the dog’s life i.e. has the owner moved house, has anyone in the household moved out, has there been a big change in routine?**Any of this can make a dog anxious about being alone. If in doubt, call fear. The training will work for both fear and frustration. |