

How do you identify a problematic dog?

Make a list of all your dog's problematic behaviours and what your thoughts and feelings are about them.

This will help you to become more aware and help you to achieve clarification about the problems you and your dog are facing and start to locate an identifiable pattern to the perceived problematic behaviours.

Follow these steps:-

A) **Identify your ambitions.**

Write down next to each problem what your ambitions are to resolve the problem and what outcome you would like to achieve.

This is the key to beginning to adopt a more positive mindset and attitude that there is an achievable end goal in sight.

B) **Identify how health & behaviour can be linked.**

List down all of your dogs medical history including and injuries, operations and prescribed medication your dog may have received including the dates of the last vaccinations and flea/and worm treatments.

Often changes in behaviour can occur after medication or treatments have been administered or can be linked to some pain or imbalance somewhere inside of your dog.

C) **Identify current diet & feeding patterns.**

Make a list of all the foods your dog consumes including any human foods you feed it or pet treats from the pet shop.

Read the ingredient labels and begin to educate yourself on what these ingredients actually are as they often use technical names or proper names to disguise ingredients. (Like `derivatives` – means a copy of!)

Chances are when you learn what is in most pet foods you will begin to see why they are causing imbalances to your dog's internal system.

D) **Identify patterns and triggers in your dog's immediate environment.**

Make a diary of when the problem behaviours occur and what is happening in the current environment when it happens.

Also note down what you were doing and feeling at the time: This will help you to identify common triggers and patterns to the behaviours your dog is showing and how you respond to them.

E) Treat the cause, not the effect.

Problematic behaviour in animals usually stems from an underlying imbalance in the immune or nervous systems and these imbalances can be treated very effectively with natural diets and treatments.

F) Learn how to communicate with your dog effectively.

Understand that your dog's problematic behaviour can often be that they are trying to communicate to you that one or some of their needs are not being met.

They cannot speak or understand human language, (only pick up on the tonality of your voice- the way you say it) they use various forms of behaviours & body language to communicate to you how they are feeling.

G) Animals often mirror our own deep seated problems.

If you have a dog who is fearful and nervous, check into see what you are feeling nervous or fearful about in life.

If your dog is aggressive maybe you are dealing with aggression issues in your own life, either, with yourself, your family members or a work situation.

If your dog starts to urinate or defecate in your house then it could mean a change of diet is needed or that you are carrying deep seated sadness, guilt or grief. (Or: just marking territory in a new/ other house!)

Dog & Owner coaching deals with the owners' thoughts, emotions and feelings and offers you ways to become a calm confident and natural leader that you dog will look up to and respect naturally.