

## 3 Days Decompress

### May feel overwhelmed

- Would often pace
- Unable to settle in one spot
- Chewed on the corner of the table
- He is on 3 types of meds for stress and anxiety

### Might be scared/unsure

- Still unsure of the environment
- Had a few accidents in the home

### Not comfortable to be themselves

- Reserved on the leash seeing dogs
- Not playing much with toys

### Not eating/drinking

- Wouldn't eat unless they stayed

### May Shuts down/hides

- Didn't completely shut down but not eating or playing

### Starts to Test boundaries

- Was jumpy/mouthy to get attention

## 3 Weeks Learning the Routine

### Starts settling in

- Came off 2 of his meds and weaning off 3rd

### Feels more comfortable

- Less pacing
- Will settle on the couch at the end of day & cuddle more

### Beginning to realize this is home

- Able to settle on his own and will go into his crate

### Figuring out their environment

- Goes to the door to indicate he needs to go outside

### Getting into a routine

- Having daily walks
- More relaxed and can focus during training

### Letting their guard down

- Soliciting attention
- Playing solo with his toys

### Behavior issues can start to appear

- To work off his energy, the trainer suggests a group class with other dogs
- Working on 'down' to work on impulse control
- Trainer recommends a flirt pole toy for him to chase at home to burn off energy

## 3 Months Starting to Feel at Home

### Will begin to trust their new home

- Showing his cute, quirky personality

### Begins to build trust and bond

- Going out more to public places
- Meeting more dogs
- Trainer requested he join a group class with other dogs
- Mastered down and working on stay for impulse control

### Having a better sense of security with their new family

- Off all daily anxiety meds (using only for vet appts.)
- Settles on the couch to watch tv

### Better understands & settles into daily routine

- Looks forward to daily walks and car rides
- Settles on the couch to watch tv