Dog Alone-Time Training Log

Alone time is built in steps so small your dog never panics: **find the time your dog stays calm, practice just under it, and add a little only when that step is boring.** Video a short absence first, and see your vet before you start.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG'S NAME _____

CALM LIMIT TODAY (MIN:SEC) _____

BACKUP FOR LONGER ABSENCES _____

THE METHOD (STAY UNDER YOUR DOG'S LIMIT)

1. **Defuse the cues:** pick up keys or put on your coat, then sit back down, at random times, until the cues mean nothing.
2. **Start tiny:** step out and come back before your dog reacts; for a severe case that may be a second or two.
3. **Add a little:** lengthen the absence only when the current one is easy, and mix short and long so it never only grows.
4. **Keep it boring:** calm, low-key departures and arrivals, with no big goodbyes or greetings.
5. **A bad rep** means you drop back to an easier time, not push through.
6. **Between sessions,** don't leave your dog alone longer than the current limit: use a sitter, daycare or a friend.

ON THE VIDEO: CALM OR DISTRESS?

Calm

Sniffs around, chews a toy, then settles or sleeps. Shows no panic and improves with exercise and enrichment.

Distress

Barking, howling, damage at doors or windows, accidents, pacing, drooling, panting or escape attempts, often within minutes.

SESSION LOG

DATE	CUE OR ABSENCE	TIME AWAY	CALM? Y / N	FIRST SIGN SEEN	NEXT TIME

Never punish the mess. Separation anxiety is fear, and scolding, shock or bark collars and long forced absences make it worse. For moderate or severe cases, ask your vet about medication and a board-certified veterinary behaviorist.

THE FULL VERSION: DOG SEPARATION ANXIETY TOOLKIT · ON ETSY: NEWDOGCO.ETSY.COM

Sources: ASPCA (separation anxiety); Merck Veterinary Manual (behavioral problems in dogs); AVSAB (humane training; use of punishment); AVMA; American College of Veterinary Behaviorists.