Shy Cat Trust-Building Log

A scared cat comes out when it feels safe, not when it is coaxed: **one quiet room with places to hide, a person who sits still and lets the cat start contact, and patience measured in weeks.** Log each day so you can see the small steps.

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

CAT'S NAME	ARRIVAL DATE	VET PHONE

THE 3-3-3 GUIDE (ROUGH, NOT A DEADLINE)

First 3 days	Overwhelmed. Hiding and skipping meals are common.
First 3 weeks	Settling in. Some cats need several weeks to feel safe.
First 3 months	Feeling at home, though some cats stay a little shy for life.

THE SAFE ROOM

- ☐ **One small, quiet room** to start, such as a spare bedroom
- ☐ **Same litter and food** as before, for the first one to two weeks
- ☐ **Hazards out:** cables, plants, medicines and cleaners; windows shut
- ☐ **Hiding spots** low and high; the carrier left open as a den
- ☐ **Litter in a corner,** food on the opposite side, water a few feet from the food
- ☐ **Indoors only** for at least two to three weeks

BUILDING TRUST

- ☐ **Sit quietly** at floor level and read or watch TV
- ☐ **Offer a hand to sniff,** and let your cat start contact
- ☐ **Treats** to make your visits good news
- ☐ **Never pull or coax** your cat out of hiding
- ☐ **Slow blinks,** soft voice, no staring
- ☐ **Pet the cheeks, chin and head,** not the belly, tail or feet

TRUST LOG

DATE	CAME OUT?	ATE?	LITTER USED?	CLOSEST IT CAME	NOTES

Call your vet the same day if your cat has eaten nothing for 24 hours, strains in the litter box or passes little urine, or a friendly cat suddenly starts hiding: a cat that stops eating can get dangerously ill, and hiding can mean pain.

THE FULL VERSION: RESCUE & SHY CAT DECOMPRESSION KIT · ON ETSY: NEWDOGCO.ETSY.COM

Sources: International Cat Care (helping a new cat settle in; stress in cats); ASPCA (undercover cats; adoption tips); VCA Animal Hospitals (3-3-3 rule for cat adoption; signs of illness in cats); AAFP/ISFM Cat Friendly Veterinary Interaction Guidelines (2022); Cornell Feline Health Center (hepatic lipidosis).