



Are you struggling to find a solution for any of these behavioral issues?

Separation Anxiety, Pulling on the Leash, Excessive Barking, Aggression, Obsessive Behavior, Destructive Behavior, Food/Toy Aggression, Nervous or Fearful Behavior, Ignoring Recall, Tail Chasing, Foot Chewing, Mouthing, Jumping up on you or Visitors.

Dogs deal with stress in many different ways depending on their personality and when a dog feels responsible to protect their owner 24 hours a day, whether they are in their company or not, it is a huge burden for a dog as they don't understand our world, our culture or our language. When dogs don't have a leader of the pack/family they will automatically take on the role of pack leader as in their mind the survival of everyone in the family depends on it, it is a matter of life and death to a dog.

Canine leadership is very different from what humans perceive leadership to be, so forcing a dog, being stern or giving them commands is not viewed as leadership from a dog's perspective. A canine leader is always elected based on evidence that they are capable of being the leader of the pack. A canine leader is always calm, provides for and protects the pack and keeps order. The other pack members look for leadership when the leader returns to the pack, leaves the pack, when they perceive a possible threat to know how to deal with it and if it is a danger. Also, every interaction within the pack/family between the leader and other pack/family members is always initiated by the pack leader and every hunt is led by the leader.

Separation Anxiety- the behavior caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand that their owner has just run to the store to get milk and will be back in 10 minutes or that they have gone to work and will return on their lunch break. Dogs live in the present moment, so no matter how long their owner is separated from them all the dog knows is that they are not there to protect and take care of their owner.

From a dog's perspective- Imagine being responsible for a 2 year old child. You are taking care of them and the 2 year old gets up and walks out of the front door and toddles down the street. Would you make a cup of tea, sit on the couch and read a magazine? No, you would be frantic, worried about the child as you know that they are incapable of taking care of themselves, they don't understand the world and how it

works and they need to be guided and protected. This is the stress that a dog feels when they are separated from their owner if they feel responsible for them. No wonder dogs suffer from separation anxiety.

The good news is, that when a dog is relieved of the burden of leadership they can just relax and take a nap when the owner is away. All a dog needs is for the owner to communicate with them in their language, with canine communication, and once they are convinced that the owner has taken over the leadership role, the dog will happily step down as they were so stressed trying to do a job that they were unable to do.

- **Pulling on the Leash-** The root issue of the dog pulling on the leash is because it is in the position of pack leader and as leader and protector it must be in front to make decisions about what is dangerous when out on the walk/hunt. Dogs are a different species and don't understand that their owner is taking them for a walk, every time you leave the house or the 'den' they assume that you are going on a 'hunt'. Dogs don't look up at the sky and think "What a nice sunny day, I think I'll go for a walk!" Dogs don't go on walks for the sake of walking, in nature they reserve their energy and go on a hunt, or assess a potential threat by going to investigate further or they are out looking for new territory.

From a dog's perspective- Dogs pull on the leash because they are doing their best to protect their pack/family and as they believe that they are responsible for taking care of and protecting their owner they pull ahead to be in front and assess all possible dangers during the hunt. If you had a young child and you were walking in an area that could be dangerous you would make sure that you were always on alert and ready to deal with any dangers and dogs are no different. The difference is that anything a dog doesn't understand is viewed as a possible threat, such as a paper bag blowing down the street, another person and dog approaching or a child on a skateboard for example.

The good news is that when a dog views you as the canine leader it will no longer feel the need to pull on the leash as it trusts you to make the decisions to keep everyone safe and assess possible threats. A dog will follow your lead and look to you when they see something that is a possible threat, from their perspective, and if the owner is not worried the dog isn't worried either.

- **Excessive Barking-** is a behavior caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand that the neighbor coming home, the mail man putting mail in the mailbox, or a visitor ringing the doorbell isn't a possible threat. You could explain to them a

million times that the mail is always delivered between 1 & 2 pm and that it is just the mailman, but your dog doesn't understand a word you are saying and you might as well say "Peanut butter and jelly!"

The good news is that you can show your dog through canine leadership that they don't need to deal with any more threats, because you, as leader, have that job. Dogs will always bark to alert the leader that they perceive a potential threat, it is in their nature and part of a dogs' survival instinct. Every pack member is on the lookout for dangers, it is what keeps the pack safe, but once the leader has addressed and assessed the possible danger the dog will stop barking and can then relax and settle.

- **Aggression toward people or dogs** – is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand that their behavior is not acceptable as in their mind growling, nipping or biting is a way of warning the possible threat to back off and get out of their space.

Every dog deals with a potential threat in a different way depending on their personality and the situation. Dogs will always first take the option of flight if available as this is the natural way of keeping the pack members safe, by getting as far away as possible from the potential threat. This is why some dogs will run and hide under the bed if they are afraid. The second option is to freeze, and when a dog drops to the ground and freezes in place this is because they are afraid and want to appear invisible to the potential threat by getting as low to the ground as possible. Think of it like a child covering their eyes playing peek-a-boo and because they can't see their parent, they think that the parent can't see them either. The third option is to fight, which is always the most dangerous for dogs as they could easily get hurt and it is always a priority to keep the pack safe. If the pack member dies in a fight the rest of the pack could perish from starvation without another pack member being able to fill the leadership role. Dogs that are viewed as 'aggressive' are just 'reactive' and when put in a position that is causing them to be afraid they feel that they have no other option and will growl at another dog or person to communicate that they need to back off and move out of their territory and away from their owner, as their duty is to protect them. Dogs nip to show that the person or dog has encroached on their comfort zone, their personal space and it is a warning to tell them to get out of their space. Dogs can't talk, they can't use words and vocalize their fears as we humans do, so they communicate in their language and culture, and growl, nip or bite. This is a dog's way of trying to control the scary, uncomfortable situation and to keep

themselves and their pack members safe by resorting to a warning growl, nip or bite as they assert their leadership.

The good news is that when the owner takes over the leadership role the dog is no longer responsible for dealing with or assessing any dangers and they will look to their owner to make the decision about the potential threat. If the owner takes the flight option of moving away from the perceived threat in a calm, assertive manner, the dog will believe in their leadership and their worry will diminish. The threat has been avoided, as it would be in nature, and both dog and owner can enjoy a happy, relaxed walk together. Calm is key, as if the owner reacts with anything other than calm, canine leadership the dog will read their reaction as the owner joining in their concern about the threat.

- **Obsessive Behavior**- is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand or deal with all of the potential threats they perceive from a dog's perspective in our human world. Anything a dog doesn't understand is a potential threat to them. Imagine living in a world in which everyone spoke a different language, had a different culture and throughout the day every day you saw possible dangers around you and your family. If you believed that you were responsible for protecting, providing for and taking care of your family how would you cope with the constant stress? How would you react if you were getting in trouble for trying to do your job and if the family around you didn't listen when you tried to show them that you were in charge? People have many different ways of trying to de-stress, some people drink alcohol or smoke, some people eat when they are stressed, some people shop, or develop any number of ways of trying to cope with the situation that overwhelms them. Dogs are trying to cope, just as humans do, but they show their stress outwardly in many different ways. One of these is to become obsessed with something, like chasing shadows on the wall, constantly bringing the ball to their owner to throw it for them, chasing their tail, chewing or licking their feet to name a few.

The good news is that once a dog is convinced that they are no longer responsible for protecting and taking care of their family they can finally just relax and they don't have to keep constant watch over the family members, they don't have to try and protect them from the hundreds of threats that they observe or hear on a daily basis. If a dog trusts that the owner will assess each threat and make all of the decisions in providing for, taking care of and protecting the family the dog can just relax and enjoy the freedom of retirement. A happy dog is a dog that is part of the family, not responsible for it. Canine Leadership is the answer. I believe that this method of helping dogs is the most respectful, kind method available for dog owners as it is

based on the natural way that dogs communicate with each other, this is their language, and it will always be in dog's nature to look for canine leadership in their family. Without Canine Leadership displayed by their owner a dog will naturally assume the role, as the survival of the family depends on it, from the dog's perspective. This is obviously a huge problem as a dog doesn't speak English and will never understand our language or culture, but we can understand theirs and communicate with them in canine.

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- **Destructive Behavior-** is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand or deal with all of the potential threats they perceive from a dog's perspective in our human world. Anything a dog doesn't understand is a potential threat to them. Imagine living in a world in which everyone spoke a different language, had a different culture and throughout the day every day you saw possible dangers around you and your family. If you believed that you were responsible for protecting, providing and taking care of your family how would you cope with the constant stress? How would you react if you were getting in trouble for trying to do your job and if your family didn't listen when you tried to show them that you were in charge? People have many different ways of trying to de-stress, some people drink alcohol or smoke, some people eat when they are stressed, some people shop, or develop any number of ways of trying to cope with the situation that overwhelms them. Dogs are trying to cope, just as humans do, but they show their stress outwardly in many different ways. One of the ways a dog displays stress is by destroying something, like chewing on the dry wall, destroying bedding or chewing on furniture to name a few.

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- **Food/Toy Aggression-** is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand that you, the owner, are providing food for them and that when you run out of their food that there are many stores selling more dog food. Dogs live in the present moment and as far as they know this could be their last meal, they don't understand that you will always make sure that you have food available to feed them at meal times. In the wild there is no guarantee that they will eat again as it depends on success of the hunt and the availability of potential prey.

Imagine being given your last meal and as you are eating someone tries to take your food away from you. Would you let them take it or warn them to back off? A human would use their words and say something to the effect of "That's my food, get your own" but a dog can't talk so they use their way of communication and growl or try to bite to warn the intruder to back away from their food. Food is survival, and without it dogs, just like humans, won't survive, so any attempt to remove food from a dog is obviously dangerous and not very respectful of the dog's nature. It only makes sense that dogs guard their food if someone tries to remove it. Also, if a dog believes that it is the leader of the family/pack it's job is to make decisions about food and believes that it is responsible for providing the food and keeping order at meal times. This is the reason for food guarding, any food aggression, dogs taking some food and hiding it for later, or not eating when food is given to them as they believe that they are in charge of the food and can come back and eat whenever they want to.

Toy aggression- Dogs view toys as trophies, to be won and lost, within the pack. If a dog believes that it has control over the toys/trophies they will also from a belief about their status in the family/pack. Problems can arise when the dog believes that it has control over the toys and when the owner refuses to join in the game or tries to take a toy/trophie a dog can become destructive or aggressive. It is advisable to have only one or two toys available for the dog to play with on their own and to have all other toys out of reach so that the owner has complete control over when playtime occurs and which toys are played with.

The good news is that once a dog views the owner as the provider at meal times due to their leadership interaction at meals and when the dog views the owner as the

leader who initiates play time and has control over the trophies it will change its mind about its status in the pack and the possessive behavior over the food and toys will come to an end with continued leadership signals.

- **Nervous or Fearful Behavior-** is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand that something we view as normal and not a big deal is nothing to fear. The world we live in is geared to humans and their needs and this is where the problem begins. A dog's belief in the hierarchical system still continues, as it always has, which means that if a dog believes it is the leader it thinks that it knows more than the other pack members. As long as the dog believes that it is the leader it continues to believe that it has to make decisions about every situation it faces, including perceived dangers. Dangers to a dog are anything that it hears or sees that it doesn't understand like thunder and lightning, the back fire of a car, a hairdryer, the doorbell or a passing truck to name a few examples. Dogs can show fear by growling or barking at something, retreating to a different room and maybe hiding under the bed for example. Imagine how stressful it is for a dog to be in the position of dealing with constant daily threats and having no idea how to deal with them? If you were in the same position constantly witnessing or hearing dangers around you wouldn't you feel stressed and overwhelmed? To survive you would probably try to avoid the perceived threat by getting as far away as possible, so why would it be any different for a dog? The only way to help dogs overcome their fear is to remove the burden of having to deal with it by taking over the responsibility of protecting the family/pack, including the dog, but from the dog's perspective, in the dog's language. If an owner tries to comfort a dog, as they would a child who is afraid, they only cause the dog to feel more anxious as from the dogs' perspective they are joining in their fear by giving attention to and making a big deal about the danger.

Would you ask a two-year old child to drive to the store and buy groceries? Absolutely not! Why? A child is not capable of knowing how to drive, how to be safe, knowing where to go, what to buy, or how to find their way home; completely incapable of dealing with the situation and responsibility. A two-year old child would never, under any circumstance, be given this kind of responsibility as it is not capable and never will be, no matter how much you talk to them or try to explain what to do and why. It is the same with dogs, they will never ever be able to cope with all of the stresses of our human world without canine leadership to show them that you, the owner, will make all of the decisions for them, you will keep them safe, deal with potential threats and always provide for them and be a calm, confident, capable leader.

The good news is that once a dog believes that you, the owner, have fulfilled the position of pack leader it can finally relax and will look to you to decide if something is dangerous and will let you assess the potential threat and make decisions as to how to deal with it. Just as the two-year old child needs their parent to protect them and guide them, dogs need to know that the owner will keep them safe and will look to the owner when they are giving clear, constant leadership signals through their interactions and actions.

- **Ignoring Recall-** is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand why you are calling them to you and if they believe that they are the leader in their mind only they decide if and when they want to approach you. Dogs don't have selective hearing, they are just making the decision, as pack leader, if they want to respond.

The good news is that once a dog believes that its owner has now fulfilled the leadership role it will no longer question recall, but return to the owner because the leader is requesting it's presence at their side. Dogs look for canine leadership on a daily basis and need to witness constant canine leadership in order to believe their owner is the pack leader, if there is doubt as to the owners' leadership the dog will have no choice but to take the leadership position on, as the survival of the pack depends on it. In the dog's mind it has no choice as the pack members could die without a leader.

- **Tail Chasing-** is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand or deal with all of the potential threats they perceive from a dog's perspective in our human world and are not equipped to fulfill the responsibilities that come with canine leadership in a domestic world. Anything a dog doesn't understand is a potential threat to them. Imagine living in a world in which everyone spoke a different language, had a different culture and throughout the day every day you saw possible dangers around you and your family. If you believed that you were responsible for protecting, providing and taking care of your family how would you cope with the constant stress? How would you react if you were getting in trouble for trying to do your job and if the family around you didn't listen when you tried to show them that you were in charge? People have many different ways of trying to de-stress, some people drink alcohol or smoke, some people eat when they are stressed, some people shop, or develop any number of ways of trying to cope with the situation that overwhelms them. Dogs are trying to cope, just as humans do, but they show their stress outwardly in many different ways. One of these is to become obsessed with something, like chasing their

tail. Although it may be comical to watch at first this is a serious issue of stress being displayed by the dog in the form of chasing its tail.

The good news is that once a dog is convinced that they are no longer responsible for protecting and taking care of their family they can finally just relax and they don't have to keep constant watch over the family members, they don't have to try and protect them for the hundreds of threats that they observe or hear on a daily basis. If a dog trusts that the owner will assess each threat and make all of the decisions in providing for, taking care of and protecting the family the dog can just relax and enjoy the freedom of retirement. A happy dog is a dog that is part of the family, not responsible for it. Canine Leadership is the answer. I believe that this method of helping dogs is the most respectful, kind method available for dog owners as it is based on the natural way that dogs communicate with each other, this is their language, and it will always be in dog's nature to look for canine leadership in their family. Without Canine Leadership displayed by their owner a dog will naturally assume the role, as the survival of the family depends on it, from the dog's perspective. This is obviously a huge problem as a dog doesn't speak English and will never understand our language or culture, but we can understand theirs and communicate with them in canine.

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- **Mouthing**– means that a dog is taking hold of someone's hand or wrist with their mouth. This behavior is caused by the root issue of the dog being in the position of pack leader and trying to control the humans around them in order to keep everyone safe and keep order in the family. Remember that dogs don't have hands, so their only option to guide you is to herd you or take control by using their mouth. Dogs are a different species and they can't possibly understand that their behavior is not acceptable as in their mind mouthing is a way of showing their leadership and from a dog's perspective they are only trying to keep everyone safe and keep order within the pack that they are responsible for. A dog may mouth someone if they try to sit on the couch or on their bed to try to get them to move off the couch or bed for example. In the dog's mind they control who is allowed where and when in the house, and they can't talk, so they use their mouth to demonstrate this need for control as leader.

The good news is that when the owner takes over the leadership role the dog is no longer responsible for deciding where everyone in the pack/family goes in the house as they can just relax and follow the lead of their canine leader who is now making all of the decisions, including where the dog is allowed and when. The mouthing is no

longer necessary as their owner and leader is now responsible for deciding who is allowed where in and out of the house/den.

- **Foot Chewing-** is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand or deal with all of the potential threats they perceive from a dog's perspective in our human world and are not equipped to fulfill the responsibilities that come with canine leadership in a domestic world. Anything a dog doesn't understand is a potential threat to them. Imagine living in a world in which everyone spoke a different language, had a different culture and throughout the day every day you saw possible dangers around you and your family. If you believed that you were responsible for protecting, providing and taking care of your family how would you cope with the constant stress? How would you react if you were getting in trouble for trying to do your job and if the family around you didn't listen when you tried to show them that you were in charge? People have many different ways of trying to de-stress, some people drink alcohol or smoke, some people eat when they are stressed, some people shop, or develop any number of ways of trying to cope with the situation that overwhelms them. Dogs are trying to cope, just as humans do, but they show their stress outwardly in many different ways. One of these coping mechanisms is to chew or lick their feet and/or legs and is no different from a human chain smoking or eating to cope with stress. It is a self-soothing attempt as they are overwhelmed with their leadership position and completely ill-equipped to be responsible for their human family members in a domestic world.

The good news is that once a dog is convinced that they are no longer responsible for protecting and taking care of their family they can finally just relax and they don't have to keep constant watch over the family members, they don't have to try and protect them for the hundreds of threats that they observe or hear on a daily basis. If a dog trusts that the owner will assess each threat and make all of the decisions in providing for, taking care of and protecting the family the dog can just relax and enjoy the freedom of retirement. The foot chewing will eventually stop as there will be no need to cope with any stress as the burden of leadership is now on the owner who is viewed by the dog as the leader of the family. A happy dog is a dog that is part of the family, not responsible for it. Canine Leadership is the answer. I believe that this method of helping dogs is the most respectful, kind method available for dog owners as it is based on the natural way that dogs communicate with each other, this is their language, and it will always be in dog's nature to look for canine leadership in their family. Without Canine Leadership displayed by their owner a dog will naturally assume the role, as the survival of the family depends on it, from the dog's

perspective. This is obviously a huge problem as a dog doesn't speak English and will never understand our language or culture, but we can understand theirs and communicate with them in canine. With respect, kindness and the understanding of the canine language you can finally bridge the gap in communication between you and your four-legged family member.

- **Jumping Up on You or Visitors-** Jumping up at their owners when they return home or at visitors when they arrive is caused by the root issue of the dog being in the position of pack leader and because dogs are a different species they can't possibly understand that you are just coming home from work or that Aunt May has come for a visit. When a dog jumps up at someone entering the home it is doing its duty as leader to establish leadership the moment another member joins the family/pack, a dog is assessing where the family/pack member has been, and deciding where they fit in the hierarchy of the family/pack. If someone is visiting the home the dog doesn't know that this person is a friend or family member, all it knows is that this could be a potential threat as anything a dog doesn't understand is a potential threat to them. If a dog is told "No, stop jumping" the owner is only instilling that the dog has something to be concerned about, as any reaction, other than calm leadership, is seen as confirmation that the dog has something to be worried about. If a dog is jumping up at the owner or family members when they arrive home they are acting as the canine leader would by checking where every family member has been and by jumping up the dog is trying to get their attention and trying to re-establish leadership, as height is important in displaying leadership. If you react to the dog jumping up and allow them to keep intruding on your space you are only confirming that they are doing their job and that you see them as the family leader and decision maker.

Imagine living in a world in which everyone spoke a different language, had a different culture and throughout the day every day you saw possible dangers around you and your family. If you believed that you were responsible for protecting, providing and taking care of your family how would you cope with the constant stress? How would you react if you were getting in trouble for trying to do your job and if the family around you didn't listen when you tried to show them that you were in charge? How would you react if your two-year old child returned home having left without you to protect and guide them? You would be frantic and in a panic, trying to make sure that they were o.k and you would let them know that you were responsible for them and that you had been worried about them. This is what dogs are doing when they jump up at their owners or family members when they arrive home as they feel responsible for every family member whether they are in their company or not.

The good news is that once a dog is convinced that they are no longer responsible for protecting and taking care of their family they can finally just relax and they don't have to keep constant watch over the family members, they don't have to try and protect them for the hundreds of threats that they observe or hear on a daily basis. Once a dog believes that you, the owner, are a confident, capable family leader it will no longer jump up on you to try to establish its leadership when you arrive home. The leader of the family/pack leaves and returns to the pack without judgment, explanation or guilt and as long as the leader returns as the same calm, capable leader the dog can just relax, reassured that it has a leader who is fit to be responsible for the family. If a dog trusts that the owner will assess each threat and make all of the decisions in providing for, taking care of and protecting the family the dog can just relax and enjoy the freedom of retirement. A happy dog is a dog that is part of the family, not responsible for it. Canine Leadership is the answer. I believe that this method of helping dogs is the most respectful, kind method available for dog owners as it is based on the natural way that dogs communicate with each other, this is their language, and it will always be in dog's nature to look for canine leadership in their family. Without Canine Leadership displayed by their owner a dog will naturally assume the role, as the survival of the family depends on it, from the dog's perspective. This is obviously a huge problem as a dog doesn't speak English and will never understand our language or culture, but we can understand theirs and communicate with them in canine. With respect, kindness and the understanding of the canine language you can finally bridge the gap in communication between you and your four-legged family member.

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