



# SEPARATION SUCCESS

THE ULTIMATE GUIDE TO SEPARATION  
ANXIETY REHABILITATION AND  
PREVENTION FOR DOGS

**SUNNY LUTHRA**

OHMYDOG.ROCKS



“

*Separating  
from the pack  
is not natural  
for dogs*

SUNNY LUTHRA



## **INTRODUCTION**

Separation anxiety is a common behavioural problem that affects many domesticated dogs. It can cause distress for not only the dog, but also the dog's family and even neighbours. Dogs who suffer from separation anxiety may display symptoms such as destruction of the house, excessive barking, howling, or scratching when left alone or when a pack member leaves the house.

This guide, "The Ultimate Guide to Separation Anxiety Rehabilitation and Prevention for Dogs," is designed to help pet owners understand the causes of separation anxiety and provide them with effective techniques for preventing and rehabilitating their dogs.

Whether you have a new puppy and want to prevent this behavioural issue or your dog is already showing symptoms of separation anxiety, this guide is for you. It is intended to help you create a peaceful and harmonious environment for both you and your dog.

It is important to understand that separation anxiety is a natural behavior in dogs. In their natural habitat, they never get separated from the pack and always mostly travel or hunt or play in packs.

So separating from the pack is not natural for them, some very minute percentage of confident dogs do choose to explore without their pack but most dogs want to be with the pack always.

If you don't prepare your dog for the separation then there is a high chance of him/her getting nervous.

This guide is broken down into several chapters that will cover the following topics:

**Understanding separation anxiety:** This chapter will cover the causes of separation anxiety, the symptoms of separation anxiety, and how it affects both dogs and their owners.

**Prevention Techniques:** This chapter will cover techniques that can be used to prevent separation anxiety from developing in a dog. This includes building confidence, creating a structured routine, gradual desensitization to being alone, and consistency and patience.

**Rehabilitation Techniques:** This chapter will cover techniques that can be used to rehabilitate a dog that is already suffering from separation anxiety. This includes identifying triggers, counter-conditioning and desensitization.

**Conclusion:** This chapter will summarize the key points covered in the guide and provide advice and encouragement for pet parents who may be struggling with their dog's separation anxiety.

# UNDERSTANDING SEPARATION ANXIETY

In this chapter, we will take a closer look at the causes of separation anxiety, the symptoms of separation anxiety, and how it affects both dogs and their parents.

## **Causes of Separation Anxiety:**

Separation anxiety in dogs is often caused by a lack of preparation for being alone. In their natural habitat, dogs never get separated from the pack and always travel, hunt, or play together. So, separating from the pack is not natural for them.

Some very confident dogs do choose to explore without their pack, but most dogs want to be with the pack always. If a dog is not prepared for being alone, it can lead to feelings of nervousness and anxiety.

## **Symptoms of Separation Anxiety:**

Dogs who suffer from separation anxiety may display a variety of symptoms when left alone or when a pack member leaves the house. These symptoms include:

- Destruction of the house
- Excessive barking, howling, or whining
- Scratching or digging at doors or windows
- Pacing or circling
- Loss of appetite
- Diarrhea or vomiting
- Urinating or defecating inside the house



### **Affect on Dogs and Dog Parents:**

Separation anxiety can have a significant impact on both dogs and their parents. For dogs, it can lead to physical and emotional distress, which can lead to health problems. For dog parents, it can lead to frustration, guilt, and a sense of helplessness. Additionally, the destruction and noise caused by separation anxiety can also lead to problems with neighbors.

It's important to note that some dogs may display only a few of these symptoms, while others may display all of them. It's also important to note that these symptoms can also be caused by other issues, so it's important to consult with a veterinarian or professional behaviorist to rule out any underlying medical or behavioral issues.

In the next chapter, we will discuss prevention techniques that can be used to help prevent separation anxiety in dogs. We will also provide tips on how to prepare your dog for being alone and how to create a structured routine that will help your dog feel more secure.

# PREVENTION TECHNIQUES

In this chapter, we will discuss prevention techniques that can be used to help prevent separation anxiety in dogs.

By following these techniques, you can help ensure that your dog is prepared for being alone and minimize the risk of separation anxiety developing.

## **Building Confidence:**

The foundation of preventing separation anxiety is building confidence in your dog. Confident dogs are more likely to be relaxed and comfortable when left alone.

Confidence can be built through socializing, regular exercise, and providing a consistent routine.

## **Creating a Structured Routine:**

Creating a structured routine can help your dog feel more secure and prepared for being alone. The routine should include the following five rituals:

**Walk ritual:** Taking your dog on regular walks is essential for both their physical and mental well-being. Walks should be taken at the same time each day and should be at least 30-60 minutes long.

**Discipline ritual:** Training and discipline should be a regular part of your dog's routine. This can help to build confidence and establish a strong leader-follower bond between you and your dog.



**Socializing ritual:** Regular socialization with other dogs and people is important for your dog's emotional well-being. This can be done through dog parks, obedience classes, or playdates with other dogs.

**Feeding ritual:** Feeding should be done at the same time each day and should be followed by a period of rest. This can help to establish a sense of routine and predictability.

**Play ritual:** Playtime should be a regular part of your dog's routine. This can be done through interactive toys, fetch, or other games that will help to release your dog's energy.

### **Gradual Desensitization:**

Gradual desensitization to being alone is another important aspect of preventing separation anxiety. This can be done by gradually increasing the amount of time your dog is left alone, starting with just a few minutes and gradually working up to longer periods of time.



## **Consistency and Patience:**

Preventing separation anxiety requires consistency and patience. It's important to be patient with your dog and not to expect immediate results. It's also important to be consistent with the techniques you are using and to continue to work on them even after your dog appears to be comfortable being alone.

It's important to note that these prevention techniques should be implemented from the time you bring your dog home, whether it's a puppy or an adult dog. It will be easier to prevent separation anxiety in a dog that has been trained and socialized from an early age, than trying to change the behavior of an adult dog.

In the next chapter, we will discuss separation preparation techniques that can be used to help dogs who are already suffering from separation anxiety.

# IT IS OK TO BE SEPARATED

When you leave the dog behind, the dog believes that he is getting separated from the pack and he needs to find a way to get out of the trap(home).

So he starts howling, barking, and digging into the sofa so that he can tunnel out and reach to you, scratch the door to open it so that he can be together with his pack, and when you come back you find that your dog destroyed the home, you find your neighbor complaining about your dog's howling and barking.

We can prevent this from happening.

So, let's consider how people behave when they bring a puppy home.

Most people behave excitedly with the puppy, whenever the puppy comes toward them they meet with excitement creating a lot of sounds and they often pick the puppy up.

Also, whenever the puppy gets nervous, or whines, people usually pick the puppy up and start giving affection. They hardly leave the puppy alone, the puppy sleeps with them, follows them the whole day, and practices excitement most of the time.

This is a recipe for developing separation anxiety in dogs. You must change your behavior with your puppies and dogs if you want them to live a calm confident life.

These are the three important behavior that you have to check if you have a puppy and want to prevent separation anxiety:

## **Behavior # 1: Stop Nurturing Excitement**

Why do we nurture excitement and what is wrong with nurturing excitement?

The reason most people nurture excitement in dogs is that they think that excitement is happiness but in real excitement and happiness both are different emotions.

The excitement in the animal world is unstable energy and it is a precursor to many behavioral issues including Anxiety in dogs. Your dog or puppy should get affection when they are in a calm state of mind. It is hard but it will make your life easy and help you raise a balanced dog.

Just remember whenever you give affection to a dog you are going to nurture the state of mind the dog is in at that time. So use affection as a tool to help your dog understand what kind of behavior is expected from them.

If you want a hyper-anxious dog then give affection to the excitement and if you want a calm confident dog then give affection when he is calm and relaxed.

## **Behavior #2: Stop picking up the puppy**

I am not saying that you should not pick the puppy up at all but what I am saying is that do not pick up when the puppy is under stress. You are doing this to give comfort but that's how you can give comfort to humans but not dogs, the reason is the difference in psychology.

Dogs cannot rationalize why you are giving affection, they can only figure out that their state of mind is being rewarded. So if the dog or the puppy is in a stressed state of mind and you are picking up then he will always need you to calm down, and he will keep on getting in habit of getting nervous or insecure because you are not letting him learn how to get over the insecurity by yourself.

This behavior leads to raising an insecure dog, which creates so many behavior issues in them including separation anxiety and even aggression.

### **Behavior #3: Stop keeping the puppy with you always**

Puppies are cute and they bring so much happiness to our life but we have to take care of their state of mind.

We must help them become confident, and help them understand that living alone is ok, getting separated from the pack is ok because the pack will come together after a brief separation.

Make a separate place for the puppy and leave the puppy there, he will cry for a while but you must control your emotions and let them experience the alone time and let them understand that nothing wrong is going to happen.

Keep the puppy always with you and let him sleep with you all the time whenever they want a sure shot ingredient of raising an anxious insecure dog.

**Follow these steps to help your dog prepare for the separation:**

## **Step #1: Start giving leash time while you are at home**

Leash your dog when you are watching a show or cooking. Start with leashing the dog for 5 mins and keep on increasing the duration, this way the dog will learn to be calm while on a leash at home.

## **Step #2: Pretend to go out**

When he is calm on the leash then begin the next process, which is pretending to go out, if your dog gets anxious, stop the process, sit down, and practice no touch no talk no eye contact during the whole process with the dog, start the process again when the dog is calm.

## **Step #3: 5-Second Rule**

If the dog is calm, then go out, and within 5 seconds come back, and practice no touch no talk no eye contact, just sit calmly down and let your dog calm down.

## **Step #4: Repeat Step #3**

Once your dog calms down, repeat step #3 out and keep on increasing the duration. Take baby steps and soon your dog will be able to understand that is ok to be alone for a while because the person I am dependent on is coming back.



## CONCLUSION

Separation anxiety is a common behavioral issue in dogs, but it can be prevented and rehabilitated through proper training and preparation. By understanding the triggers for separation anxiety, providing a structured routine, gradually desensitizing your dog to being alone, and maintaining consistency and patience, you can help your dog to live a calm and confident life.

We hope this guide has been helpful in providing you with the tools and knowledge needed to prevent and rehabilitate separation anxiety in your dog. Remember that every dog is unique, and what works for one dog may not work for another, so be patient and persistent in your efforts.

If you are looking for additional support and resources, we invite you to join Ohmydog Help Center, a community of dog parents and dog behaviorists dedicated to simplifying dog parenting. Here you'll find helpful tips, advice, and support from other dog parents and professionals who understand the challenges of raising a happy and well-behaved dog.

## NEXT STEP

Don't hesitate to reach out to the community, ask questions and share your experiences. Together, we can help our dogs to lead happy and healthy life.

JOIN NOW >> <https://ohmydog.rocks/johc/>



**Arun Prasad**

1 review



★★★★★ 3 weeks ago **NEW**

Sunny was extremely helpful when we needed help with Mishka. After interacting with him my perception of how to raise a calm and confident dog has completely changed. Me and my family could understand our mistakes and make a meaningful relationship with our Pet.

Thanks a ton Sunny



**Darshat Jain**

5 reviews · 1 photo

★★★★★ 3 weeks ago **NEW**

Their WhatsApp help group is a god send. Helps quite a ton with dog psychology and behaviour

★★★★★ 2 months ago

Sunny Luthra has a great knowledge on dog psychology. His advices and guidance helped me a lot to improve my dogs' behaviors and my relationship with my dogs.



**Suptotthita Neo**

Local Guide · 23

★★★★★ 2 months ago

Sunny Luthra has a great knowledge on dog psychology. His advices and guidance helped me a lot to improve my dogs' behaviors and my relationship with my dogs.



**rachel vaz**

Local Guide · 29 reviews · 17 photos

★★★★★ 3 weeks ago **NEW**

Very helpful in understanding a dogs behaviour and training.



**Spandan Maskar**

Local Guide · 9 reviews · 20 photos



★★★★★ 2 days ago **NEW**

Mr Sunny Luthra is a great guide. I had previously been to many dog psychologist but I never found a person like him. By nature he is a superb human being and a person who has a superb understanding of dog psychology

**THANK YOU**

SUNNY LUTHRA – OHMYDOG.ROCKS

<https://ohmydog.rocks>