



ONE-SESSION CHEAT SHEET

A calmer next step

Use this beside the app when you want a simple reminder of what to watch. The goal is not to prove how long your dog can stay alone; it is to keep the experience manageable enough to learn from.

Core rule: the target is a ceiling, never a quota. Returning early is useful information.

01	Choose an easy starting point Use a duration your dog has already handled comfortably. Do not wait for distress to discover a limit.
02	Make the departure ordinary Keep the room, door and goodbye as uneventful as practical. Use a camera or another observation method when it helps.
03	Watch for the first change Look beyond barking: pacing, panting, exit-watching, repeated vocalising, food refusal or an inability to settle can all be useful observations.
04	Return before distress builds If meaningful concern appears, come back. A shorter relaxed departure is better training information than a longer difficult one.
05	Let recovery guide the next step Give your dog time to settle. Record what happened, then repeat, simplify or stop for the day based on the whole picture.

After the session, jot down

Planned time: _____ Actual time: _____ Outcome: relaxed / some concern / distressed

First useful observation: _____

Context or recovery note: _____

Pause timed departures and contact a vet or qualified behaviour professional for self-injury, destructive escape attempts, rapidly escalating distress or repeated sessions that cannot stay manageable.