



WHEN A SESSION GOES BADLY

A setback is information

Difficult sessions happen. They do not mean you have failed or that your dog is being stubborn. Use the checklist to protect recovery and choose a smaller next step.

Do not catch up. A harder session to make up for a difficult one can rehearse the very experience you are trying to reduce.

Immediate checklist

01	☐ End the absence and help your dog return to a calm, ordinary state.
02	☐ Write down the first sign you noticed, not only the final outcome.
03	☐ Check the context: illness, noise, visitors, confinement, routine change or something unusual.
04	☐ Make the next planned absence shorter and simpler, or take a rest day.
05	☐ Cover unavoidable real absences where possible with a sitter, daycare, a friend or a schedule change.

What to review before trying again

What changed?	
What was the dog doing?	
What would make it easier?	

Seek help promptly for self-injury, destructive escape behaviour, rapidly escalating distress or repeated difficulty that is not becoming more manageable. A vet can also discuss medical questions.