



Perception: Define the behavior obstacle as specifically as possible. Answer the questions who, what, when, where, and why to break down the behavior into smaller parts. Imagine that you are trying to describe exactly what happened in a movie scene.

Helpful: "when a stranger (who) enters my home (where), my dog barks and lunges (what) because he feels threatened (why)".

Not helpful: "my dog is aggressive towards strangers".

Actions: Decide on the actions you will take to overcome the dog's behavior obstacle. The actions will make up your Training Plan. Your actions should directly address the who, what, when, where, and why of your perceptions. Not only do you need to choose the right actions, but you also need to execute them well. Only take action when you are able to commit yourself 100% to the moment. When you are unable to commit yourself to the moment, you need to take steps to manage the situation and put the dog in a position where he can't practice the behavior.

the Will:

You need the discipline to carry out the Training Plan in order to overcome the behavior obstacle. You need the patience to understand there will be setbacks, and the fortitude to learn from them and move forward. Some things, such as breed traits and past history, are completely out of your control. The will keeps you focused only on what you can control and committed to the actions that will cause the behavior change you are looking for.