

## PET ANXIETY WORKSHEET

NAME =

FLOOF'S NAME(S) =

## PET ANXIETY DAY 1

PET ANXIETY IS...

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COMMON TRIGGERS IN MY PET'S LIFE:

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MY PET'S HISTORY!

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## PET ANXIETY DAY 2

STRESS INDICATORS

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STRESS INDICATORS I NOTICE WITH MY PET

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STRESSFUL SITUATIONS FOR MY PET

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## PET ANXIETY DAY 3

### ENVIRONMENTAL CHANGES I CAN MAKE



### MY TOOLKIT



### SITUATIONAL TOOLS

### EMERGENCY TOOLS

