

# “When Do I Do What?”



## PUSH

Evidence of sufficient mastery at the current step. Go to the next step in your training plan.

### What your dog will do when the trigger appears indicating need for a push:

- reliable happy / anticipatory response from the dog
  - dog sees trigger, anticipates lots of chicken
- no fear present whatsoever

### Not sure what you're looking for?

Here's an easy test you can do on something your dog is already classically conditioned to love: Outside of this training context, open up your dog's favorite bag of treats. How does your dog look when you do this? Bag crinkle is already a predictor of treats (sometimes one of the strongest), so you're likely to see the anticipatory response we're after. When we consistently see that same response in training contexts as the dog notices his trigger you're ready to push!



## DROP

The dog isn't comfortable. This step is too hard, and we need to go back to the previous one for a bit longer.

### Dogs may look like any of the following:

- presence of fear, worry, or reactivity (no matter how mild)
- barking, lunging, growling
- tail tucked, ears back or to sides, weight on back legs
- attempts to get further away
- hyper-vigilant
- suddenly won't eat

### Pro Tip:

Drop immediately at signs of discomfort. Fear is fear no matter how mild or pronounced it looks. Failing to drop when your dog is distressed will slow your progress. Drops aren't failures, they're a normal part of all training so don't be discouraged if you see one or several.



## STICK

Stay at this step for more practice.

### Why?

- dog is neither happy nor worried
- only seeing neutral responses
- repeat this step until you see either a need for a push or a need for a drop



**Feeling stuck?  
Don't worry,  
you're not!**

Splits to the rescue! When a dog finds one step too easy, and the next too difficult, we add a half-step called a split. A split is mid-way in difficulty between two existing steps. We recommend a split when a dog has tried to push on the same step twice and had to drop to the previous step twice.