

# How to Overcome Your Dog's Separation Anxiety and Regain Your Freedom

Separation anxiety is a common problem in dogs, and it can be very frustrating for both the dog and the owner. Dogs with separation anxiety may experience a variety of symptoms when they are left alone, including:



## Be Right Back!: How To Overcome Your Dog's Separation Anxiety And Regain Your Freedom

by Julie Naismith

★★★★☆ 4.3 out of 5

Language : English  
File size : 1760 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Print length : 168 pages  
Lending : Enabled



- Barking
- Whining
- Howling
- Destructive behavior
- House soiling
- Pacing

- Panting
- Drooling
- Vomiting
- Diarrhea

If you think your dog may have separation anxiety, it is important to consult with a veterinarian to rule out any other medical conditions that may be causing the symptoms. Once any medical conditions have been ruled out, you can start working on training your dog to overcome their separation anxiety.

There are a number of different training techniques that can be used to help dogs overcome separation anxiety. Some of the most common techniques include:

- **Gradual desensitization:** This technique involves gradually exposing your dog to being left alone for short periods of time. You can start by leaving your dog alone for just a few minutes, and then gradually increase the amount of time you are gone.
- **Counter-conditioning:** This technique involves pairing something your dog enjoys, such as a treat or a toy, with being left alone. Over time, your dog will learn to associate being left alone with something positive.
- **Training your dog to stay:** This technique involves teaching your dog to stay in one place, even when there are distractions present. Once your dog has mastered this command, you can start practicing leaving them alone in different rooms of the house.

It is important to be patient and consistent when training your dog to overcome separation anxiety. It may take some time and effort, but with the right training, your dog can learn to be comfortable being left alone.

If you are struggling to train your dog to overcome their separation anxiety, you may want to consider consulting with a professional dog trainer. A professional trainer can help you develop a training plan that is tailored to your dog's individual needs.

With the right training, your dog can overcome their separation anxiety and you can regain your freedom. You will be able to leave your dog alone without having to worry about them being destructive or anxious. You will also be able to enjoy your time away from home without feeling guilty about leaving your dog behind.



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