

Teaching a Dog: The “Look Away” Technique

This technique helps dogs who are fearful, anxious, or frustrated around a specific trigger (dogs, strangers, noises). The goal is to decrease your dog’s fear/anxiety/frustration and then teach them an appropriate behavior to do when they see/hear the trigger.

Step 1: Start at a safe distance away from the trigger. Your dog should be able to see the trigger, but is far enough away that they are not reacting. Stand quietly so your dog notices the trigger.

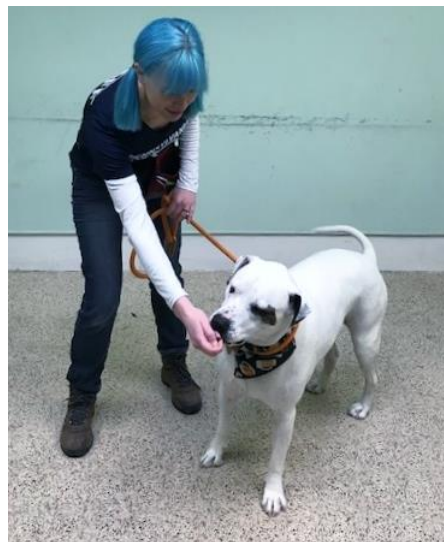
Step 2: The second your dog looks at the trigger, mark the behavior (Say “Yes!”) and quickly show your dog a treat. Don’t let your dog look at the trigger for more than 1 second!

Step 3: Lure your dog’s head around so they are looking at you. Only give them the treat when they are looking at you!

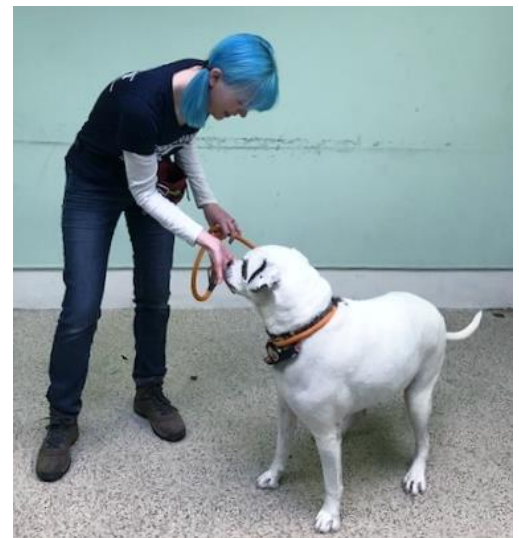
Step 1



Step 2



Step 3



Step 4: Keep repeating steps 1-3 whenever you are out on a walk. Eventually your dog will hear you say “Yes!” and will automatically turn to look at you without you luring them. This is great! Make sure you give them a treat and lots of praise for this!

Step 5: Once your dog is able to look at the trigger and back to you automatically, you can start to either A. move closer to the trigger while continuing this training, or B. let your dog look at the trigger for 2-3 seconds before saying “Yes!” and having them look back at you for a treat.

Continue to do this training on every walk, even if your dog is no longer reacting poorly to the trigger.