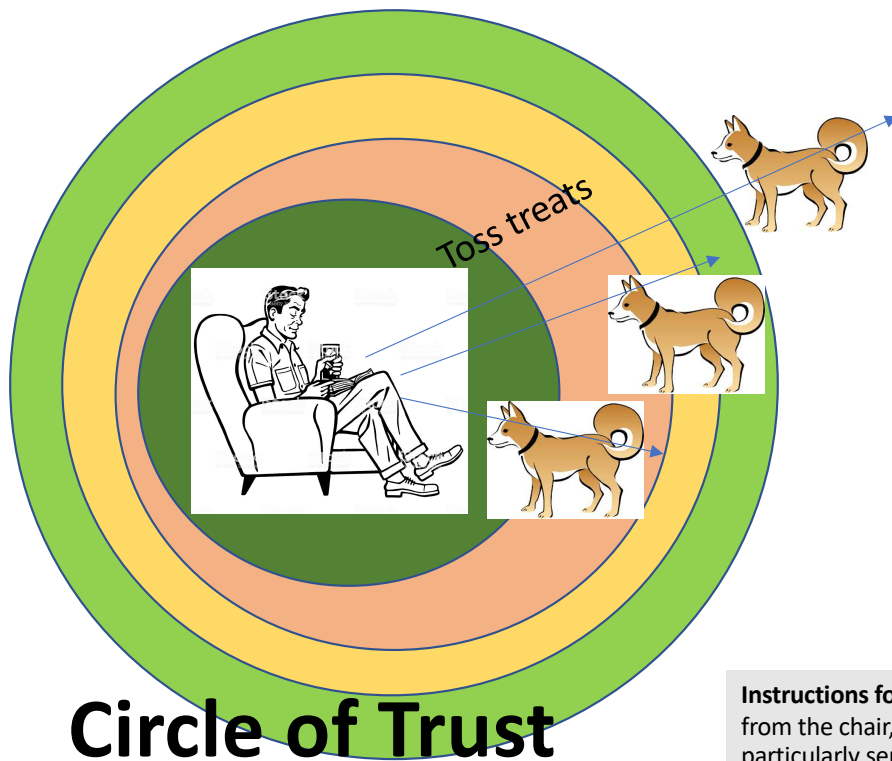


The goal of this exercise is to increase the dog's feelings of safety and create a positive association with a visitor. Foraging for the treat (vs. being forced to take it from someone's hand) allows the dog to feel safe and it allows the dog to re-set where he chooses. **The dog gets to decide where he feels most safe.** Don't expect to reach the innermost circle of trust in one visit. Some dogs are happy to come sniff a visitor's feet, but would not take kindly to this same person reaching for and trying to pet them. **Not all dogs wish to be fondled by strangers.**

IMPORTANT: The dog will pick where he feels safest. He will choose to re-set closer to visitor if he feels safe. **He should not be coaxed.**



Instructions for visitors:

- Sit on chair, act relaxed and disinterested (little or no eye contact, lean back, non-threatening body language).
- Toss a treat behind where the dog is standing.*
- **Magic Bowl* – a variation for family members if dog is concerned about them as they're moving normally about the house. *Magic Bowl* is where person walks into the room and places a treat in a bowl that is in a location comfortable for the dog, and keeps walking/going about their business (ignoring dog). The arrival of the person starts to predict a treat in the *Magic Bowl*.
- When dog turns toward you looking for more, toss another treat.
- Pause after 10 treats and lean back in the chair, slightly turned away from the dog. This may allow the dog to feel safe enough to get closer for some sniffing (data gathering). **If the dog does come in for some sniffs, DON'T look at him, don't reach toward him, etc. Sniffing is not an invitation to pet.**
- Resume tossing treats
- After lots of successful repetitions and the dog re-sets in the innermost circle, the visitor may try to allow the dog to take the treat out of their hand. **If the dog is tentative about reaching for the treat (keeps back legs planted and appears to be stretching his neck to reach) go back to tossing the treats. We do NOT want to put the dog in an internal state of conflict during this exercise.**

Instructions for owner: Keep in mind that any sudden change in the environment, such as when a person gets up from the chair, or leaves the room and comes back in, may start the cycle of reactivity all over again. If you have a particularly sensitive dog, try to remove your dog from the room before the visitor gets up or moves around. The more we can manage the environment so your dog doesn't feel the need to react, the more effect the positive experiences will have.