

## THE ENGAGE-DISENGAGE GAME

A training game for dogs who are FEARFUL, ANXIOUS, or FRUSTRATED around a specific trigger such as another dog, person, or sound. The goal is to first decrease the dog's fear/anxiety/frustration and then to teach the dog a new safe and appropriate behavior to do instead.

PLAY FOR 1-5 MINUTES. TAKE A BREAK. REPEAT.

### LEVEL 1: ENGAGE



#### LEVEL 1 GOAL:

To do at least 3-5 repetitions in a row at the same distance before moving on to LEVEL 2. A successful repetition is when your dog immediately turns back to you after the click.

If the trigger is moving or changing in intensity, keep playing LEVEL 1 until your dog has calmly looked at (or engaged with) the trigger from every direction. Then move on to LEVEL 2.

### LEVEL 2: DISENGAGE



#### LEVEL 2 GOAL:

To do at least 3-5 repetitions in a row before moving 1-5 steps closer to the trigger. A successful repetition is when your dog comfortably disengages with the trigger on his own.

As you move closer, keep playing LEVEL 2 if the trigger is not moving or changing in intensity. If the trigger is moving or changing in intensity, go back to LEVEL 1 at the new distance.