

OMG, you left forever!!! Separation Anxiety.

Separation anxiety can cause dogs to become very agitated, noisy and destructive when they are left alone. While common among rescued adult dogs this condition also frequently affects dogs who are born anxious. Most dogs with separation anxiety will benefit from increased daily exercise and being taught new skills, either at home or in classes (obedience, agility, etc.). These activities will increase your dog's self-confidence.

Our natural instinct is to try and calm or reassure our pets but when we do this we are giving them positive reinforcement for naughty behavior. We are telling them they are doing the right thing. Ignore attention seeking or hyperactive behavior. Do not soothe them, don't speak to them, don't pet or re-assure them, leave the room if necessary. Ignore your dog entirely while this behavior is happening. Give positive rewards (treats, praise, and petting) for being quiet and calm.

When you leave and when you come home, be very low-key, quiet, and calm. Ignore your dog until he is calm. If you don't make a big deal out of it, after a while, neither will your dog.

Separation anxiety can be cured or at least toned down to a comfortable level, but it does take work. If you think your dog may have separation anxiety, don't continue to suffer with it, and don't allow your dog to continue to suffer with it, either. Look into training classes to build confidence and begin increasing his/her daily exercise level. Alter your behavior when you leave and return, make sure these events are not be a big deal for your pet. If these changes do not diminish your pet's anxiety call your veterinarian for an exam. Your doctor can help you decide if medication is appropriate for your pet.

