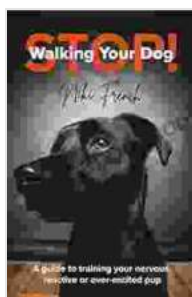


The Ultimate Guide to Training Your Nervous, Reactive, or Over-Excited Pup

If you're the owner of a nervous, reactive, or over-excited pup, you know that training can be a challenge. These dogs can be difficult to control, and their behavior can sometimes be unpredictable. But with the right approach, you can help your furry friend overcome their challenges and live a happy, fulfilling life.



Stop Walking Your Dog: A Guide to Training Your Nervous, Reactive, or Over-Excited Pup by Niki French

★★★★☆ 4.8 out of 5

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This comprehensive guide will teach you everything you need to know about training your nervous, reactive, or over-excited pup. From understanding their triggers to implementing positive reinforcement techniques, you'll learn how to help your dog overcome their challenges and live a happy, fulfilling life.

Understanding Your Dog's Triggers

The first step to training your nervous, reactive, or over-excited pup is to understand what triggers their behavior. Once you know what sets your dog off, you can start to avoid those triggers or teach your dog how to cope with them.

Common triggers for nervous dogs include:

* Loud noises * Sudden movements * Strangers * Other dogs * Being left alone

Common triggers for reactive dogs include:

* Being approached by strangers or other dogs * Having their food or toys taken away * Being touched in a way that they don't like * Being put on a leash or in a crate

Common triggers for over-excited dogs include:

* Seeing or hearing something that they find exciting * Being petted or played with * Going for a walk or ride in the car

Positive Reinforcement Techniques

Once you know what triggers your dog's behavior, you can start to implement positive reinforcement techniques to help them overcome their challenges. Positive reinforcement is a training method that rewards your dog for good behavior. This can be done with treats, praise, or play.

When using positive reinforcement, it's important to be consistent and patient. It may take some time for your dog to learn what you want them to do, but with consistent training, they will eventually get the hang of it.

Here are some positive reinforcement techniques that you can use to train your nervous, reactive, or over-excited pup:

* **Clicker training:** Clicker training is a great way to teach your dog what you want them to do. When your dog does something you like, click the clicker and then give them a treat. The clicker will help your dog to associate the sound with a reward, and they will quickly learn what you want them to do. * **Treats:** Treats are a great way to reward your dog for good behavior. When your dog does something you like, give them a treat. You can also use treats to lure your dog into doing what you want them to do. * **Praise:** Praise is a great way to show your dog that you're happy with their behavior. When your dog does something you like, tell them "good dog!" or "yes!" in a happy voice. * **Play:** Play is a great way to reward your dog for good behavior and to help them to burn off excess energy. When your dog does something you like, play with them for a few minutes.

Socialization

Socialization is an important part of training any dog, but it's especially important for nervous, reactive, or over-excited dogs. Socialization helps your dog to learn how to interact with other dogs and people in a positive way.

Here are some tips for socializing your nervous, reactive, or over-excited pup:

* **Start slowly:** Start by exposing your dog to other dogs and people in a controlled environment, such as a puppy socialization class or a friend's house. * **Be patient:** It may take some time for your dog to warm up to new people and dogs. Be patient and don't force them into anything they're not

comfortable with. * **Reward your dog:** When your dog interacts with other dogs and people in a positive way, be sure to reward them with treats, praise, or play. * **Don't punish your dog:** If your dog reacts negatively to other dogs or people, don't punish them. This will only make them more fearful or reactive.

Exercise

Exercise is an important part of keeping any dog healthy and happy, but it's especially important for nervous, reactive, or over-excited dogs. Exercise can help to burn off excess energy and to calm your dog down.

Here are some tips for exercising your nervous, reactive, or over-excited pup:

* **Choose the right type of exercise:** Not all types of exercise are suitable for nervous, reactive, or over-excited dogs. Avoid activities that are too strenuous or that involve a lot of interaction with other dogs or people. *

Start slowly: Start with short, low-impact exercises and gradually increase the duration and intensity of exercise over time. * **Be patient:** It may take some time for your dog to get used to exercising. Be patient and don't push them too hard. * **Reward your dog:** When your dog exercises well, be sure to reward them with treats, praise, or play.

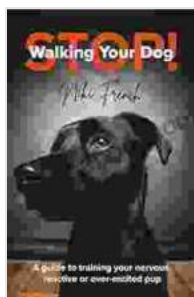
Medication

In some cases, medication may be necessary to help control your dog's behavior. Medication can be used to reduce anxiety, aggression, and hyperactivity.

If you're considering medication for your dog, talk to your veterinarian about the different options available. Medication should only be used as a last resort, and it should always be combined with behavioral training.

Training your nervous, reactive, or over-excited pup can be a challenge, but it's not impossible. With the right approach, you can help your furry friend overcome their challenges and live a happy, fulfilling life.

Remember to be patient, consistent, and positive. With time and effort, your dog will learn to trust you and to behave in a way that is acceptable to you and to others.



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