



HAPPY HOME ALONE WORKBOOK

**BEHIND-THE-SCENES SECRETS TO RESOLVING
SEPARATION ANXIETY IN DOGS**

WITH
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I'm looking forward to connecting with you soon. This FREE masterclass will give you insight into what it takes to help your dog get comfortable being home alone.

I'll be sharing the secrets to how my students have sent their dogs' separation anxiety into remission, using this science-based process

that is being used by hundreds of Certified Separation Anxiety Trainers worldwide.

The strategies I'm going to teach you will give you the hope you need to tackle this challenging behaviour once and for all, without the gimmicks.



Caryn

Secret #1

In order to modify Separation Anxiety or Isolation Distress, you must be able to:

AND

MY DOG'S PDQs:

MY DOG'S STRESS SIGNALS:

Secret #2

Separation Anxiety is a

DOGS OUTGROW IT AFTER A WHILE	TRUE	FALSE
IT ONLY HAPPENS IN RESCUE DOGS	TRUE	FALSE
IT'S BECAUSE THE DOG IS SPOILED	TRUE	FALSE
PUPPIES CAN'T HAVE IT	TRUE	FALSE
IT'S AN OBEDIENCE PROBLEM	TRUE	FALSE
THERE IS NO QUICK FIX	TRUE	FALSE
IT CAN OCCUR AT ANY TIME	TRUE	FALSE

INSIGHTS:

Secret #3

MANAGEMENT CAN BE _____

WHAT ARE MY OBSTACLES?

WHAT ARE MY OPTIONS?

Secret #4

COMING AND GOING ISN'T WORKING BECAUSE WE ARE NOT _____

AT THE DOG'S _____. WE NEED _____!!

INSIGHTS

Secret #5

PUNISHMENT IS _____ , _____ , AND IT
_____ OUR DOG'S _____

INSIGHTS
