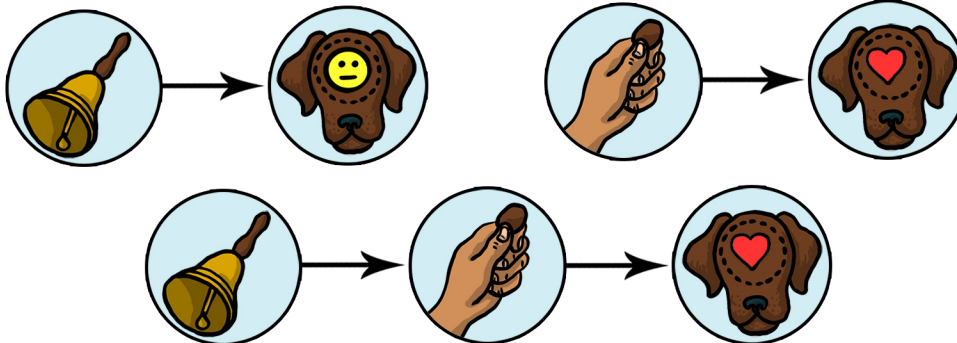


HOW TO USE CLASSICAL CONDITIONING

Help your dog feel good about any stimulus by pairing it repeatedly with a stimulus your dog already feels good about. Use this to help your dog feel more comfortable around stimuli that scare them.

Initially, the sound of the bell makes your dog feel nothing...

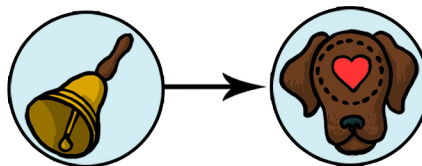
...while a food treat makes your dog feel happy.



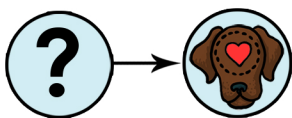
But if you ring the bell and then give your dog a food treat immediately after, and then you do that over, and over, and over, and over, and over, and over, and over again...



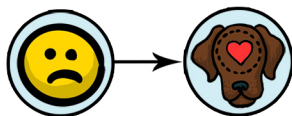
...then your dog will learn to associate the bell with the food treat and they will learn to love the bell!



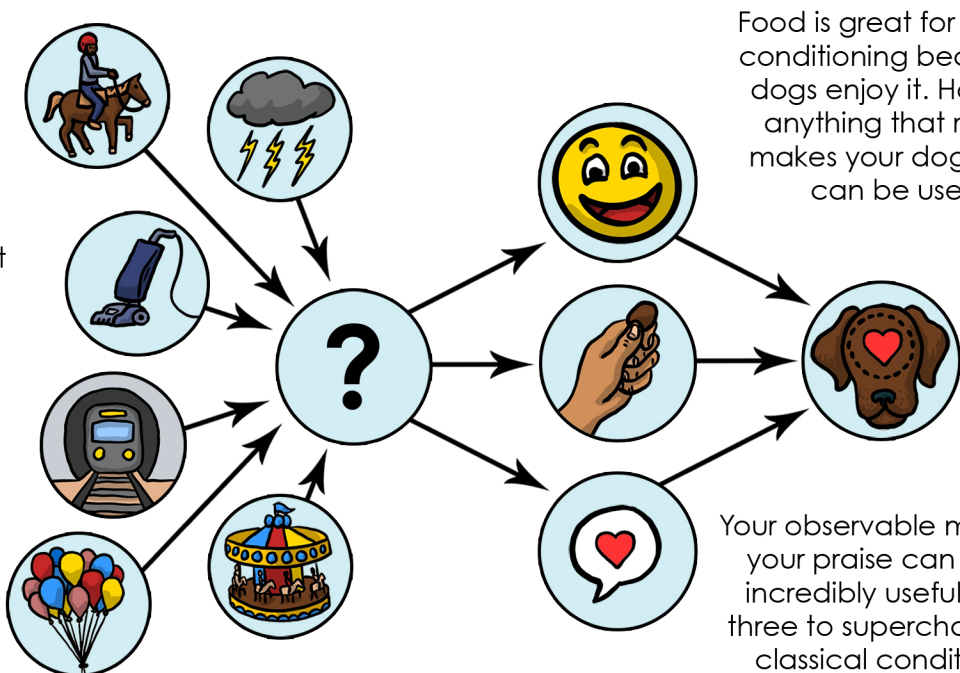
At this point, the sound of the bell will make your dog feel happy, even in the absence of food.



You can use this powerful technique to help your dog feel happy and at ease in response to almost any stimulus, not just bells! This includes stimuli that your dog initially disliked.



Whatever it is that's upsetting your dog, use classical conditioning to train your dog to feel better about it.



Food is great for classical conditioning because all dogs enjoy it. However, anything that reliably makes your dog happy can be useful.

Your observable mood and your praise can also be incredibly useful. Use all three to supercharge your classical conditioning.