

Session 3

CONSISTENT

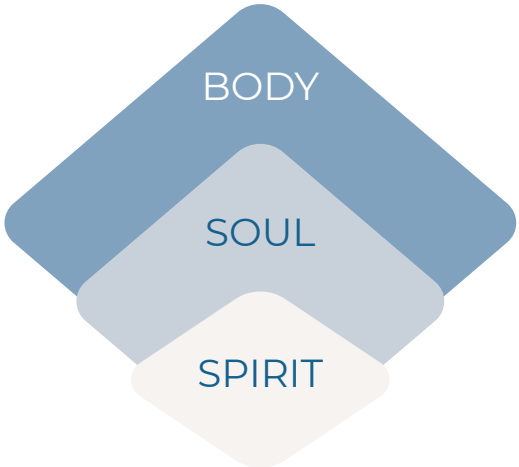
THERE WILL BE
CLEAR BOUNDARIES
FOR SAFETY
NO WISHY-WASHY
TO DAMAGE TRUST
I WILL HOLD THE LINE AND
STAY TRUE BLUE

True Blue

True Blue describes someone who is loyal, faithful, and steadfast—someone who remains committed to their values and does not compromise who they are just to fit in. When we are unsure of our identity, it becomes difficult to stay true to anything. We may bend to the expectations of others and try to fit into a mold that was never meant for us.

WHO ARE YOU

You are a whole person, spirit, soul and body. You may have been told that your identity is determined by how you look or dress, what you do or don't do, who you are related to, or even how you feel about yourself. But these things do not define who you are. They are only parts of your life, and many of them represent seasons—not your identity.



BODY
How we connect with the world around us. It's our characteristics such as the color of our eyes, hair and skin. It's always speaking to us through what we see, hear, feel, smell, and taste.

SOUL
Where we process our thoughts, feelings and emotions. How we speak to ourselves and where we form thoughts and ideas about others and the world we live in. It is where we make decisions and our personality is expressed.

SPIRIT
<u>This is our core</u>, our connection to the Divine. This is where we get to choose: to believe in God and live the life of purpose he offers us, or to put our faith in ourselves to know how to interpret and live life in an ever-changing world.

LIFE: AREAS & SEASONS

There are many areas of your life—physical, family, friends, spiritual, social, school, and more. Some areas are permanent, while others change over time. They are all connected, which means what is happening in one area of your life can impact the others. As we mature, some areas grow and become more important, while others may change or fade away.

IN THIS IMAGE:

Put a mark in each area that is currently part of your life. Next to each one, write how you feel about that area right now:

Great • OK • Not OK • Bad



When an area of our life is Not OK or Bad, we may begin to believe there is something wrong with us. If things stay difficult for a long time, we may even start to believe that area of our life will never change. We can develop rotten reasoning about ourselves, other people, or our circumstances.

Another thing to consider is how one area may be affecting the others. When several areas of our lives are Not OK or Bad, we may begin to see our whole life as bad. Difficult seasons can sometimes leave us feeling overwhelmed, hopeless, or wishing our life could be completely different.

The Good News! Our lives have seasons, and seasons change. Some are calm, and some are stormy. A stormy season does not mean your whole life is bad, and it does not mean things will always stay this way. You can learn how to recognize what is happening, challenge rotten reasoning, and develop healthy tools for navigating the stormy parts of life.

MATURITY & GROWTH

You are literally one of a kind. Created in a combination of uniquely orchestrated circumstances that have never existed before and will never come together the same again.

You are always growing and evolving into a more complex person. Maturity happens over time with care, nurturing, exposure, and conflict. Who you mature into will be determined by what you choose to believe.

Growth happens in the moments we are vulnerable and honest. When we are not caught up in the hurts of the past or the fears of the future.



Building Trust

Building trust with your dog begins with being consistent and knowing what your training goals are. Having clear goals can help when you become frustrated with your dog's behavior and feel yourself getting angry.

Instead of reacting with frustration or anger, get curious.

Ask yourself: Why might my dog be acting this way? What are they trying to communicate? What can I do differently to help? Remember, behavior is communication. When we become curious about what is causing the behavior, we can make a plan that helps both us and our dogs become less frustrated.

WHY MIGHT MY DOG BE FRUSTRATED?



Just like us, dogs can become frustrated, confused, bored, anxious, or overwhelmed. Their behavior may be telling us that something needs our attention. Consider whether:

- We ignore their natural curiosity and expect them to comply all the time.
- We mistake curiosity or confusion for disobedience and correct them too harshly.
- We miss their attempts to communicate something to us.
- We expect them to understand changes without helping them adjust, such as moving furniture, changing schedules, or introducing new people.
- We misunderstand their body language and miss signs that they are uncomfortable, fearful, or stressed.
- We don't provide enough mental stimulation through games, training, new places, or appropriate toys.
- They aren't getting enough physical exercise.
- They aren't getting enough positive attention and interaction.

BEFORE YOU REACT, GET CURIOUS. Understanding why a behavior is happening can help you decide what to do next.

DISTRACTION & REACTIVITY

Dogs can get distracted just like we do. When this happens, use the Name/Attention command to bring their focus back to you. You can also add the Touch command to help redirect their attention. When a dog is reactive, they are having a strong response to something that has triggered them. Your job is to stay calm, communicate clearly, and show them that you are a calm, consistent, loving leader.

Give your dog a simple job they already know, such as Sit, Heel, or Touch. If you are walking, keep moving and calmly guide your dog to stay with you.

When it is safe and appropriate, you can practice around the trigger at a distance where your dog can still listen and respond. Repeat the process as they become more comfortable and successful. Use fewer words and clear actions. Stay calm, consistent, and patient. Over time, your dog can learn to look to you for direction and trust your leadership.

The Protectors

NEGLECT & ABUSE

Sadly, many people get a dog without realizing how much time, patience, and work it takes to become a loving leader. We may choose a dog because of how it looks, because the breed is popular, or on impulse because we feel sorry for the dog or its situation. Sometimes, this means choosing a breed whose needs, energy level, or temperament do not fit the person's lifestyle. Other times, unexpected life changes can make it difficult for someone to properly meet their dog's needs. When people are unprepared or unable to provide the time, training, care, and leadership a dog needs, the dog may suffer from neglect or, in some situations, abuse.

We can be protectors of animals in need!

NEGLECT

Neglect happens when a dog is not getting its basic needs met. This may include not getting enough exercise, mental stimulation, training, play, or quality time with its family. In more serious situations, a dog may be kept in a space without enough food, clean water, room to move, shelter, or comfortable bedding. Neglect can happen for different reasons. Sometimes people simply do not understand what their dog needs or how to properly care for them. A major change in a person's life may also leave them physically or financially unable to provide the care their dog needs. When a dog's needs are not being met, its behavior may change. The dog may become destructive, fearful, reactive, or aggressive. It may hide, shut down, or try to run away. These behaviors may be the dog's way of communicating that something is wrong and its needs are not being met.

ABUSE

When a dog is abused, it may shut down, become fearful, or begin acting out in unhealthy ways. Abuse can include yelling, hitting, kicking, intimidating, or handling a dog too roughly. Abuse is often a reactive response rather than a thoughtful correction. It may happen when a dog does something the person sees as wrong, destructive, or frustrating. Sometimes the problem began because the person did not provide enough training, clear boundaries, exercise, or appropriate ways for the dog to use its energy. It can also happen when a dog's breed, temperament, or needs are not a good match for the family's lifestyle. Other times, the dog's behavior is not really the cause at all. A person may be dealing with anger, stress, or problems in their own life and unfairly take those emotions out on the dog. No matter the reason, abuse is never an appropriate way to teach or correct a dog.

Dogs need calm, clear, consistent leadership that helps them understand what is expected of them.

If you know of a dog being abused or neglected you can help.

Contact: Laurens County Sherriff's Animal Control 864-984-2523

When you make a report, try to have the following details ready:

- Exact location: The address or clear directions to where the animal is.
- Description of the dog: Breed, color, size, and approximate age.
- Factual details of the neglect/abuse: A clear description of what you witnessed (e.g., lack of food, water, or shelter, untreated wounds, severe emaciation).
- Dates and times: A log of when you observed the conditions.
- Evidence: Photo's or videos if you can safely and legally obtain them.

Training Skills

PLACE/MAT
SIT
DOWN



DOGS 101

BODY
LANGUAGE
GROOMING

Notes & Review

