

CONSISTENT



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

White Dog Blue



FRUSTRATION & CURIOSITY

Just like us, dogs get frustrated and may act out. Some reasons to consider:

- We misjudge their curiosity about something as being disobedience and correct them too harshly.
- We ignore their natural curiosity and demand their compliance all the time.
- We ignore them when they are trying to tell us something.
- We don't realize that they don't understand what is happening when there is a change. (moving furniture, changing schedules, new people)
- We don't understand their body language and miss cues that they are in distress or fearful.
- We don't provide them with enough new stimulation. (games, new places, new toys)
- They are not getting enough exercise.
- They are not getting enough attention.

Rather than you becoming frustrated with their behavior, become curious about why they are acting this way. Make a plan to help them become less frustrated. Use the list above to help you. They want to spend time with you! Giving them 5-10 minutes of your time a couple of times a day will make a world of difference. When you can, let them explore new things and places. (safety first)

DISTRACTION & REACTIVITY

Dogs can get distracted just like we do. Use the Name/Attention command; you can add the Touch command. When a dog is being reactive, it is being extra sensitive to something that is triggering them. The best thing to do is give them clear communication that you are their loving leader and give them a job to do, such as sit or heal. If you are walking, keep walking, using gentle tugs to keep them following you. If you can, set things up to repeat the trigger, do so and repeat your actions. Fewer words, just action. When you are calm and consistent, they will learn to trust your leadership.

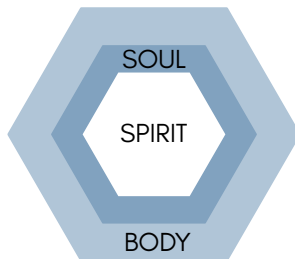


TRUE BLUE

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. **Being True Blue means knowing who you are, standing firm in what you believe, and living with integrity.**

SO WHO ARE YOU?

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 a whole person, spirit, soul and body.



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, taste. Although it feels the most real, it is not who we are.

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

This is our core, 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. It's also our filter, letting us know right from wrong.

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WHO YOU ARE

Who you are – your identity is revealed in the moments we are vulnerable and honest.

When we are not caught up in the past or the future.

This week, as we focus on learning about these dogs and how to teach and train them, I want you to consider what you are learning about yourself, the “good” the “seems unimportant” and the “needs growth”.

We will be learning:

- Bloodlines/Heritage
- Their Natural Interests & Abilities
- We will talk about what we see in them, good and needs growth.
- We will discuss the plans to help them grow
- We will learn what we need to lead them.
- Speak into their lives, guide and direct them by being:

Calm, Consistent, Loving Leaders

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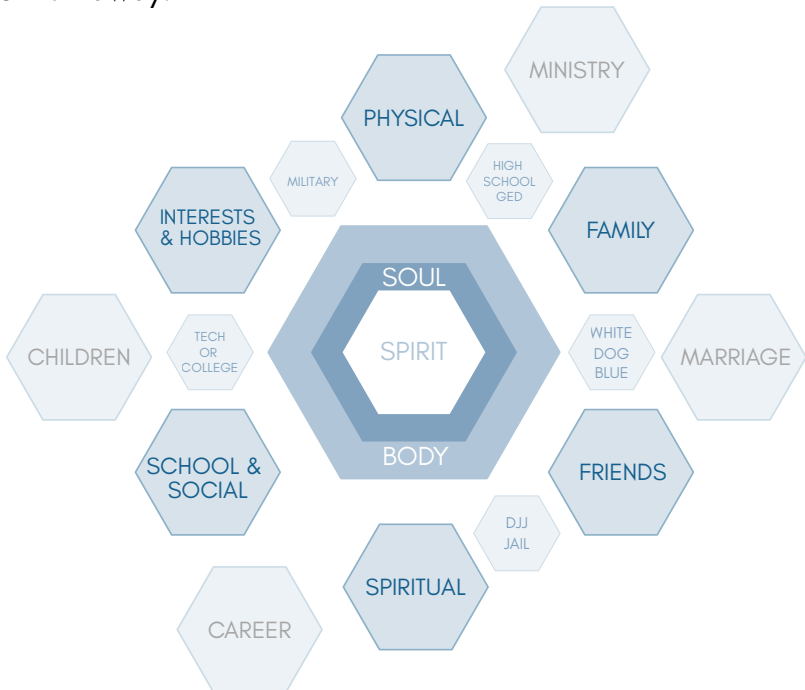
How would you describe to others who you are? _____

How would others describe you? _____

You are always growing and evolving into a more complex person. Maturity happens over time with care, nurturing, exposure, and conflict/friction. Who you mature into will either be the reflection of who you were created to be or a fragile shell of tragic fake identities.

AREAS OF YOUR LIFE

There are many areas of your life: physical, family, friends, spiritual, social, interests, etc. Some are permanent and some change over time. They are all connected, what is happening in one area of your life, impacts the others. As we mature some grow and connect and others melt away.



FRUSTRATION VS CURIOSITY

1. Your dog keeps sniffing and investigating something new in the house. Instead of immediately getting frustrated, what should you do?
 - A. Assume your dog is being disobedient
 - B. Become curious about what your dog is trying to learn or understand
 - C. Yell at your dog
 - D. Ignore your dog

2. Which of the following could cause a dog to become frustrated?
 - A. Getting enough exercise and attention
 - B. Having plenty of opportunities to play
 - C. Not getting enough exercise, attention, or new stimulation
 - D. Spending time with their person

3. Your family moves furniture around, and your dog suddenly seems confused or upset. What might be happening?
 - A. Your dog may not understand why things have changed
 - B. Your dog is trying to make you angry
 - C. Your dog is being stubborn
 - D. Your dog has forgotten all of its training

4. When your dog becomes distracted during training, which commands can help get their attention back?
 - A. Stay silent and hope they notice you
 - B. Name/Attention and Touch
 - C. Yell their name repeatedly
 - D. Stop training forever

5. When your dog reacts strongly to something that triggers them, what is a good response from a calm leader?
 - A. Become frustrated and react loudly
 - B. Use lots of words to explain what they did wrong
 - C. Stay calm and consistent, give clear direction, and give the dog a job such as sitting or heeling
 - D. Let the dog decide what to do

TRUE BLUE

1. What does it mean to be "True Blue"?
 - A. Changing who you are so people will like you
 - B. Being loyal, faithful, and committed to your values and who you are
 - C. Always agreeing with everyone
 - D. Never changing or learning anything

2. Why is knowing who you are important?
 - A. So you can become exactly like your friends
 - B. So you never have to make decisions
 - C. It helps you stand firm in your values instead of changing just to fit in
 - D. So everyone will always agree with you

3. According to the lesson, what is the "soul"?
 - A. The part of you that processes thoughts, feelings, and emotions
 - B. The physical characteristics people can see
 - C. The part of you that controls your muscles
 - D. The things you own

4. Which statement best describes the "spirit" in this lesson?
 - A. It is only about your physical body
 - B. It is where you process your favorite hobbies
 - C. It is your core and connection to the Divine, helping guide your understanding of purpose and right and wrong
 - D. It is the part of you that decides what clothes to wear

5. Why is it important to understand that different areas of your life are connected?
 - A. Because what happens in one area can affect other areas of your life
 - B. Because you can only have one area of life
 - C. Because friends and family never affect each other
 - D. Because some areas of life don't matter