Reprogramming The K-9 Mind

Training Your Dog To Stop Getting All Worked Up, Paranoid or Overexcited
Preface:

It is my prayer that this report reaches you in time.

We are at a time in history where dogs are becoming more and more out of control. I, myself, can no longer fall asleep at night without being awakened by a neighbor’s dogs barking... go on a walk without having at least one dog try to jump through a window to attack me.

Across the street from where my young son plays, there is a broken fence where a Rottweiler charged through to attack a pedestrian walking by; luckily, he escaped.

Things are so out of control that it is PHYSICALLY impossible to walk down my street without having three dogs yap at me until I walk out of sight... completely unable to remain calm, even though their owners yell at them constantly for making a racket.

When I try to find a different street to walk home on, it seems there are at least two dogs on every block incapable of keeping their traps shut as I walk by.

Two neighbors have even installed anti-bark devices that blast a high-pitched noise at their dog when they bark. So, I can no longer walk my Golden Retriever by these houses because when their dogs bark, my dog also gets BLASTED with the high-pitched sound and freaks out.

The first time it happened, he almost tore his leash from my hand as he dashed for the street to escape the invisible threat.

I cannot ring the doorbells of either of my neighbor’s houses without constant, incessant barking that does not stop until their dogs are dragged away from the door and locked into a different room.

A close relative of mine and his wife have both been bitten by his dog twice, and a jogger running by has been bitten once... so, I have to demand that he board his dog if he wants me to take my wife and son to go visit him, as I’m sure my son would end up in the ER.

Literally everywhere I look, dogs are almost completely “Out Of Control”... their owners are lost and longing for a solution, and neither are happy living with each other.

So, it is with that spirit that I’ve set out to write a report that can help these people... my neighbors, relatives friends, and hopefully you... to see the underlying cause of why dogs are behaving this way.
To expose you to a new way of training dogs that, if you’ll follow, will dramatically alter the way your dog takes commands from you, obeys you, and falls in line and becomes a true ‘Dream Dog’ that is always under your control.

This is NOT a report about techniques you’ll learn from a book, but instead, a NEW way to approach how you handle and work with your dog that I believe is simpler and more effective than any other techniques out there.

May this report change your dog forever!

Chet Womach
TheDogTrainingSecret.com
From The Desk Of: Chet Womach

Wednesday, 1:48 P.M.

Dear Dog Lover,

This report is dedicated to helping you train your dog into a perfectly obedient ‘Dream Dog’... a dog that knows its place, falls in line, doesn’t fight you for authority, and doesn’t have a bunch of annoying behavior problems.

But in order to write what I felt was a complete report on how to help you achieve a ‘Dream Dog’, I had to ask myself a question...

“What does a perfectly behaved dog look like anyways?”

It’s a question most dog owners don’t ask themselves.

We, as dog owners, tend to spend too much time asking questions that focus on fixing problems, instead of achieving success.

We’ll ask ourselves, “How do I potty train my dog?”

“How do I get my dog to stop barking?”

“How do I get my dog to be nicer to strangers?”... and other similar questions.

And there’s nothing wrong with these questions. Nothing at all.

Those are the questions that motivated me to create my Hands Off Dog Training Program. And, it’s helped thousands of people get answers to those specific behavior problems.

But after spending several years showing people how to solve problems, I realized that even though I could show someone how to stop their dog from peeing on the carpet, that didn’t mean they then had a ‘Dream Dog’ that was a joy to live with. It just meant their dog was less ANNOYING to live with.
If I taught them how to get their dog to stop pulling on his leash during walks, that
didn’t mean he would now be nice to other dogs, or not bark at strangers... it just
meant he was less annoying on walks.

To be honest I didn’t want to be in the business of making dogs ‘Less Annoying’. I
wanted to be in a business that helped transform people’s dogs into ‘Dream
Companions’ for life. Dogs that people would be proud to show off, feel
comfortable letting them loose at the beach, trust them around children or at a
picnic, and not worry about what might happen.

So, I decided to ask my dedicated newsletter readers a simple question...

At the time, I had no idea how powerful this question would be, or how badly dog
owners craved the answer.

To be honest, I don’t deserve any creative credit for coming up with this question. I
happened to find this list of questions by browsing obedience articles on the American
Kennel Club Association’s website – They’re the official website for everything about
dogs, and the largest dog owner’s association in the world.

You see, the American Kennel Club holds obedience competitions where they judge how
good certain dogs are. So, I went through their categories of the behaviors they want
to see in competitions, along with the behaviors my clients were always asking me to
help their dogs learn.

Through that process, I compiled a list of 10 things that a “Dream Dog” should be able
to do.

And this is what I posted to my blog, asking my readers if they’d be interested in me
changing my teaching style from just a ‘fixing problems’ approach... to ‘owning a dog
that can do these 10 specific tasks well’ approach.

After you read it, ask yourself... “Does your dog make the cut?” “Do you want a dog
like this?”
10 Characteristics of a Dream Dog

According to all my compiled research, a good dog has been trained to do these 10 things...

1. Greet ANY stranger in a calm, friendly manner
2. Sit calmly every time you or friends go to pet him
3. Never pull on his leash during walks, or while jogging
4. Walk through a crowd without pulling on his leash or lunging
5. Can ‘Heal’ on walks without a leash
6. Stay sitting or lying down in one place for up to 5 minutes
7. Come WHENEVER he’s called... no matter how distracted
8. Plays NICELY with other dogs
9. Obeys commands the first time he hears them at least 90% of the time
10. Never chew or destroy furniture when left home alone

*This is my own personal interpretation of a collection of articles on AKC’s website and is in no way meant to represent the opinion of the American Kennel Club or its associates.

Any dog that can do those 10 things is a keeper, right?

I thought so too, but because I was getting ready to switch away from simple ‘problem-solving’ training and into training ideal ‘Dream Dogs’, I wanted to make sure my readers were interested in this same new approach.

So, I posted this list of 10 characteristics on my blog, and asked my readers if they’d be interested in learning how to train their dog these 10 things...

The response BLEW my mind!

Over 508 people commented on my blog saying they’d be thrilled if I’d be the first person to teach them how to get their dogs to do these 10 things.

To put in perspective how insane 508 people commenting on a blog post was, you should know that when Microsoft... one of the BIGGEST companies in the world, announced a release of their new computer system awhile back, they only had 287 people leave a comment!
And since I’m obviously not 1-millionth as popular as Microsoft, I realized I’d discovered something that dog owners would beat down my door to find the answer to, and something that I needed to dedicate my full effort and attention to.

Thus, the reason for creating this report!

To help you realize that no matter how disobedient your dog is now... whether he can do most the things on that list, or NONE of them, that there is a specific training plan you can follow to transform your dog into the dog of your dreams.

But please be warned!

This report is not going to re-hash a bunch of techniques you can find online, or in some dog training book, or even in my own courses.

This is a COMPLETELY different approach to training that I hear VERY few trainers talking about. And I have to admit, it might seem a bit weird to hear someone talk about dog training in the way you’re going to hear me talk about it.

But PLEASE, I can’t stress how important it is for your dog, that you REALLY grasp the concepts I’m going to show you.

I can’t help transform your dog into a ‘Dream Dog’ unless you understand why these methods are so powerful. You can’t go using these techniques without understanding their power... or you’ll use them in the wrong context, confuse your dog and end up frustrating yourself.

So with that disclaimer aside, let’s dive into the meat of this report, and get ready to be shown dog training tactics that will have your friends, neighbors and relatives marvel at the changes they notice in your dog’s behavior!
Why Your Dog Isn’t A Dream Dog… Yet!

What if I told you that whether or not your dog turned out to be a ‘Dream Dog’ had nothing to do with how well-trained he is?

That even if your dog could hold a stay for seven hours, retrieve Coronas from your fridge on command, or could perform 100 tricks... he still may bite the next little kid that walks in your front door... still bark at other dogs who walk by your house... still pull on his leash during walks and get overwhelmed when around too many people.

And, that the TRUE golden key to a ‘Dream Dog’, that very few people understand, has NOTHING to do with training behaviors, and everything to do with controlling your dog’s emotions with a simple and unique concept that I call “Emotion Training”.

Let me explain how “Emotion Training” works...

I want you to imagine for a second, a time when you were driving down the road, going over the speed limit and got pulled over by a policeman.

More importantly, I want you to remember EXACTLY how you felt the second you saw that cop car whip out behind you, or close in on you with lights flashing and sirens blaring.

If you’re a normal human being, you probably had an instant sickening feeling surge through your body... you knew you were caught, and were going to pay the penalty for it.

So the question I want you to ponder is, WHY did you feel that sickening feeling?

Why did you have a negative emotion flare up in an instant that wasn’t there before?

What caused your body to trigger this sickening feeling the second the cop car whipped out behind you?

Well, the reason is, because something in your past history has taught you that cops pulling out behind you is bad... and NOTHING has ever proved this to be otherwise.

As a child, you most likely have been driving with your parents as they got pulled over. They probably cussed at the policeman under their breath, told you how stupid they were, or how worthless they were.
As you grew up, you may have then been pulled over by a cop yourself, had to stress over the fine you had to pay because you didn’t have the money, or be made late for work by how long the cop took to write you a ticket, etc.

In short, EVERYTHING about cops pulling you over has been bad your whole life, and because of those past experiences, your body re-triggers those negative feelings when they see a cop.

It happens to all of us and it happens in every situation that’s always negative, whether that be a mother-in-law you can’t get along with, a coach who seems to have it out for you, or anything at all.

These negative feelings are impossible to NOT trigger… or are they?

What if the next time you got pulled over by a cop, he got out of his car, walked up to your window, asked to see your driver’s license and proof of registration, looked at it for a few minutes, pulled out his wallet, handed you a crisp, clean $100 bill and thanked you for having all your proper documentation with you?!?

How would you feel?

You’d probably think that was pretty cool, but still not be very trusting of cops.

But, what if over the next 10 years of your life you got pulled over a few times a year and every time the cop thanked you for having your proper documentation and paid you $100 for having it on you?

I’ll tell you what would happen… you’d start to think cops were pretty sweet!

In fact, you might start even looking forward to getting pulled over, wouldn’t you?

You most likely would have less and less sick feelings towards policemen pulling you over and actually replace those feelings with feelings of excitement.

In effect, you would have “Trained Your Emotions” to like something that used to make them sick.
Science Proves Dog’s Emotions Can Be Trained to Like Things That Bother Them

Pamela J. Reid, Ph.D.’s book “Excel-Erated Learning”, who has had a lot of influence on my dog training philosophy, talks about a well-known experiment that helps prove my point -- that emotions in dogs can be trained.

She writes about a study that took 10 dogs and put them in a box. The box had two sides that the dog could move back and forth between. And, there was a light placed in front of this box so that the dog could see it when it was turned on. Also, the box was wired in such a way that the researchers could electrically shock the dog with a push of a button.

So what the researchers then did, was place a dog in the box, turned on the light and then electrically shocked the dog shortly after the light went on. Each of the 10 dogs in this experiment responded the same way. Each would immediately race to the other side of the box the second they were electrocuted – to try and “escape” the pain. And the second they moved to the other side of the box, the researchers stopped shocking the dog.

They did this 10 times with each dog... turning the light on and then shocking the dog, and this, very effectively, trained the dog to fear electric shock whenever he saw the light come on.

But here’s the fascinating part...

The researchers then tried something else. They decided to put each dog back in the box a second time, and repeated the experiment again. Except this time, they just turned on the light, and did NOT electrically shock the dog.

And even though there was NO electricity this second time around, each of the 10 dogs still raced to the other side of the box and continued to race to the other side for 200 repetitions – even though the shock wasn’t being administered!

Meaning that it only took 10 trials of electric shock to train a dog to fear a light coming on... and that even after 200 trials of not being shocked when the light came on, that fear was still VERY present.
These researchers did eventually notice that if they did thousands and thousands of trials without electric shock the fear slowly seemed to go away, but they were hoping there was a FASTER way to overcome the fears they had created with the light bulb.

And they found one!

They discovered that if instead of turning on the light while a dog was in the box, and just letting the dog run to the other side of his box without shock - that if they instead rewarded the dog with a piece of food every time the light went on, they were able to quickly get the dog to get excited and salivate in anticipation of food when they turned on the SAME light that previously had signaled they were about to get electrocuted.

Effectively training the dog to love something (the light) that he previously feared and hated.

This is JUST like the Cop who pays you $100 analogy. It proves, without a shadow of a doubt, that emotions can be trained!

The only question to ask is how you can use this type of “Emotion Training” to help transform your dog into a dream dog.

**How To Use “Emotion Training” On Your Dog**

Hopefully by now, you’re starting to realize that there are methods for taking negative emotions your dog has for certain things, and transforming those negative emotions into positive ones.

And, that no matter the negative emotions your dog has about things, it can be fixed with ‘Emotion Training’.

There’s just one problem...

As I was outlining this report for you, I quickly realized that there would be no way I could teach you how to use this “Emotion Training” concept for every possible issue you’re having with your dog... it would be a 1,000+ page report, and I don’t like typing that much.

Later on in this report, I’ll tell you about a coaching program that I’m re-releasing to a small number of dog owners who are interested in discovering how to use “Emotion Training” which focuses on helping you teach your dog to do these 10 things in the next 60 days...

1. Greet ANY stranger in a calm, friendly manner
2. Sit calmly every time you or friends go to pet him
3. Never pull on his leash during walks, or while jogging
4. Walk through a crowd without pulling on his leash or lunging
5. Can ‘Heal’ on walks without a leash
6. Stay sitting or laying down in one place for up to 5 minutes
7. Come WHENEVER he’s called… no matter how distracted
8. Plays NICELY with other dogs
9. Obeys commands the first time he hears them at least 90% of the time
10. Never chew or destroy furniture when left home alone

But because I don’t have the space to cover how to teach all of those techniques in this report, I’ve tried to pick one that you can adapt to almost any situation with a little creativity on your part.

Specifically, I’m going to show you an Emotion Training technique called “Toddler Proofing” that will teach any dog how to willingly let a child pull its tail or whiskers.

As you read through this Toddler Proofing exercise, I want to challenge you to think about how you can adapt this strategy for each of the 10 characteristics of a Dream Dog I described earlier.

**How To Toddler Proof Your Dog With Emotion Training**

As I’ve already said, the goal of “Toddler Proofing” a dog is to prevent a child, or adult, from being nipped or bitten by a dog who doesn’t like the way he’s being touched.

It’s also a great training method for getting dogs to not bite out of fear if you, or a stranger your dog doesn’t know, should happen to accidentally hurt them by stepping on their tail or tripping over them.
Here’s how to train this behavior...

Step 1: Find your dog’s trouble spots

I want you to find a spot on your dog that he currently does not like being touched. Is it his feet? Tail? Hips? Pulling up his lips to check his teeth?

Wherever your dog doesn’t like being touched, focus on only ONE of these spots. It should be the spot that your dog likes being touched the least. For this example, I’m going to pretend it’s your dog’s feet. But it very well could be his hips or lips.

Step 2: Cut up a bunch of his FAVORITE treats

Remember how I talked about how being paid $100 from a cop every time you got pulled over would be enough money for you to think cops were kind of cool?

Well, what if he only paid you a penny?

It wouldn’t be as effective would it?

Well, the same principle works on your dog too. Don’t be stingy on treats. Find the thing your dog likes most. For my dog, he likes nothing more then cheese right now.

Other dogs I’ve had would literally kill for a marshmallow, while many of my client’s dogs get the best results out of meat treats, or liver.

I personally don’t care what treat you use, but it should be the HIGHEST value treat possible for your dog -- the one he loves the most!

Once you’ve identified this treat, you want to make sure it’s easily accessible. You can’t have it locked in the basement on a shelf behind cans of pinto bean. You’ll be needing to access it many times throughout the day, so find a plate, put a bunch of treats on it, and keep it handy.
Step 3: Find Your Dog’s Tolerance Threshold

Let’s face it... every dog in the world has different levels of tolerance for how much he’ll let you touch him before you start this Toddler Proofing exercise.

You might have a dog who growls at you if you even reach for his feet, while another dog might only get upset if you start pulling his toes apart. Other dogs would be just fine unless you actually caused their feet physical harm... like by accidently cutting them.

All of these types of dogs still qualify for this type of Emotion Training, because each could possibly bite you if pushed past this threshold.

This is one of the tests that Seeing-Eye dogs, for the blind, have to pass. And while I admit I don’t have any expertise in the area of Seeing-Eye dogs, I do know that the dog needs to be able to tolerate its owner falling on it without biting them to make the grade.

And, it’s through Toddler Proofing that you can get almost any dog to drastically increase its tolerance for how uncomfortable it will be before biting or nipping.

But how much your dog can tolerate, is not as important as knowing how much you can touch your dog before he STARTS to get agitated. I’m not so concerned about how far you can push him before he’ll nip.

You need to read your dog’s body language to learn the first signs your dog gives off that he’s becoming agitated.

It could be many things. Here are a few...

- His breathing may change
- His mouth might go from open and relaxed, to closed and focused
- His eyes may go from relaxed to sharply focusing on your hand
- His tail may stop wagging

This is a list of the most common things, and these may or may not be what your dog will exhibit... only you can know your dog best.

The important thing to look for is a sign that signals exactly where your dog starts to get uncomfortable BECAUSE... that’s where we’re going to start training his emotions.
It’s much easier to get rid of low-level negative emotions as they’re forming, then full-blown irate emotions that are getting out of control.

So, find your dog’s tolerance level and make a mental note of it.

**Step 4: Start the Touch ‘n Treat Process**

The Touch ‘n Treat process is HOW you train a dog’s emotions when Toddler Proofing.

It involves touching a dog in an area he doesn’t like... like his toes, while SIMULTANEOUSLY feeding him a treat.

But this will NOT work if you make either of these two mistakes.

1. You must touch your dog at the exact same instant you feed him. And...
2. You must realize this is not a reward for being good.

Maybe you find those two statements don’t make sense.

Most dog owners think that it would be a good idea to touch your dog’s foot, and if he behaved nicely you could reward him for it.

But here’s why that defeats the purpose.

If we trained the dog in this way, we would be training a BEHAVIOR. But, when you touch ‘n treat at the same instant, we train an EMOTION. And those are two VERY different things.

The first is treating the symptom of nipping, and ignores the emotion that causes the nipping completely. So, it is not as effective. It may work for some dogs, but typically the dog will still have the negative emotion, and only obey to the level that he DESIRES the treat that he knows is coming.

But my way, the Emotion Training way, has been proven in brain scan tests that touching and treating at the same time changes the way the emotional brain handles you touching him... and physically changes the way he thinks about that touching in the future.

Why is this important?

Because you aren’t always going to be there holding a treat in front of your dog when bad things happen. You’re going to have your back turned for two seconds when your toddler jumps off the couch and lands on your dog. And, I want to train him to obey to the level that he DESIRES the treat that he knows is coming.

“If we trained the dog this way we would train a behavior... instead of re-programming the emotion that caused the behavior in the first place”
your dog’s EMOTIONS built up to the point where he can handle that kind of stress without nipping or biting.

At least 77% of all bite attacks in the United States are to the face, and are inflicted on people you know, like neighbors, nieces, nephews, etc. These are people you love, and people that you have a responsibility to protect. And, as you’re probably starting to see, Emotion Training is what makes protecting these bad things from happening possible.

**Step 5: Touch Less NOT More**

Ok, here’s the final IMPORTANT thing to remember about this Touch ‘n Treat technique.

It is better to walk up to your dog and touch his foot while treating 10 times throughout an entire day, then it is to do 10 times in two minutes.

In Toddler Proofing, repetition in one session is your enemy!

Remember, we’re talking about a body part that your dog does NOT like being touched, and we’re training his EMOTIONS. So, we have to be very careful that our dog doesn’t start getting upset that we’re coming over to touch him again, because he knows he’s going to have to sit there and put up with what he thinks is very obnoxious touching for 10 minutes at a time.

That would be training his emotions to hate the touching even more.

So, by only coming over to your dog once every hour that you’re home to Touch ‘n Treat, you avoid that negative anticipation and are more effective at training your dog’s emotions to look forward to being touched.

“It is better to touch your dog ten times throughout the day vs. 10 times in a minute”

**Step 6: Don’t Push Your Dog Too Fast**

As you use this Touch ‘n Treat technique, you can’t push your dog too fast.

In the first step, I told you that you needed to pick a body part and work on that body part first. Well, that same principle is magnified here.

If your dog only tolerates you lightly grazing his toenails, then you need to keep lightly grazing his toenails and RESIST the temptation to touch him any harder or longer until he no longer shows ANY of the stress signs I outlined in Step 3.

Only then, when your dog no longer shows stress signs and actually remains relaxed, maybe even excited as you go to lightly graze his toenail, should you push your dog to find out where his next threshold is and focus on it.
You would repeat this process of finding your dog’s tolerance thresholds, eliminating them, finding his next threshold and eliminating it, until your dog could tolerate as much touching as you think is appropriate to keep him from ever nipping or biting someone who touches him there in the future.

**Watch Your Dog Transform In Days!**

If you’ll follow this guideline for Toddler Proofing your dog with the Emotion Training method you will notice your dog get noticeably more tolerant of having his trouble spots touched in just days.

After a few weeks, most dogs will overcome their issues surrounding being touched completely!

With every training repetition, you’ll notice your dog becoming calmer and more able to tolerate things that used to bother him greatly... because you’re training his emotions!

Are you starting to see how powerful Emotion Training Can be?

This is just a tiny example of how Emotion Training can be used on your dog!

There are dozens and dozens of different Emotion Training techniques that can be adapted to help dogs stop pulling on leashes, start playing nicely with other dogs, stop barking at the door, remain calm when around lots of people, be able to control his urges to get into trouble, and much, much, more.

**A Quick Recap Of How Emotion Training Gives You The Dog Of Your Dreams**

I started out this report with the goal of helping you get closer to owning the dog of your dreams. So that even if you have an out-of-control dog, you’d realize that through Emotion Training there is a way to transform your dog into the dog of your dreams. A dog who can do all these things easily...

1. Greet ANY stranger in a calm, friendly manner
2. Sit calmly every time you or friends go to pet him
3. Never pull on his leash during walks, or while jogging
4. Walk through a crowd without pulling on his leash or lunging
5. Can ‘Heal’ on walks without a leash
6. Stay sitting or laying down in one place for up to 5 minutes
7. Come WHENEVER he’s called... no matter how distracted
8. Plays NICELY with other dogs
9. Obey commands the first time he hears them at least 90% of the time
10. Never chew or destroy furniture when left home alone

In this report, I’ve tried to open your mind to the possibilities that you don’t have to settle for your dog’s current temperament or out-of-control personality for the rest of your life.

Or, that the reason he can’t do the 10 things above is because his emotions render him incapable of doing them, but through Emotion Training you can train him to actually LOVE things that currently upset or bother him, or get him overly excited.

So he’ll finally be able to do these 10 things!

I’ve tried to spell out specific examples for you to take home and try with your dog today. And it’s my hope that through the example outlined in this report, you can start to use Emotion Training to realize that your current dog can truly be transformed into the dog of your dreams if you’ll start focusing on training his emotions instead of just his behaviors.

I also realize that while I may have opened your eyes to a new method of training your dog, I might not have specifically addressed your dog’s biggest problems or issues.

It’s just not possible for me to craft a report that could cover all the issues you might need help with, and how you can use Emotion Training to help your dog overcome them.

Which is why I’d like to invite you to join my 8-Week Emotion Training Program called, 8 Weeks To A Dream Dog!

Receive 8 Weeks Of Emotion Training For Overcoming ALL Your Dog’s Behavior Problems

My 8 Weeks To A Dream Dog program is a coaching program that I created to help ANY dog be able to do the 10 behaviors I’ve described in this report that all GREAT dogs can do.

This is NOT a program for every dog owner!

If your dog can currently do 8 or 9 out of the 10 behaviors that Dream Dogs can do, then you probably don’t need this program.
But if you’re interested in mastering Emotion Training, want to learn more techniques for mastering your dog’s ability to have calm emotions in EVERY area of his life, and want to have a completely transformed dog in 8 weeks who can do the 10 behaviors of a dream dog… then you might want to consider taking my 8 Weeks To A Dream Dog program.

To learn more about this program and what it can do for your dog, click the link below:

[Click Here To Learn More About My 8 Weeks To A Dream Dog Program]

And finally, if you got a BIG take-away from this report… I’d like to ask you for a favor!

You see, in order to have this report reach as many dog owners as possible, I really need your help in spreading the word about this Free report all over the Internet.

So, if you’ve got a Facebook account, I’d like to ask you to please click this image below and recommend this report to your friends and family today; I’d really appreciate, and I know your dog-owning friends will too.

Just click the image below and you’ll be taken to your Facebook wall to write a review:

[Click To Share This On Your Facebook Wall]

Your Friends Will Love it!

Sincerely,

Chet Womach
TheDogTrainingSecret.com