



Trigger Stacking Worksheet

Take a moment to think about your dog's behavior.

Make a complete list of all the things that trigger your dog. Write down as many triggers as you can think of and try to prioritize them:

Think about the list that you just wrote, then take a moment and list 3 ways you can reduce your dog's exposure to triggers. *Remember: you will need to change your behavior if you want your dog's behavior to change/improve.*

1)

2)

3)

If you can't eliminate your dog's triggers, how can you reduce them?
For example, can you reduce exposure? Can you alternate short exposure with play or another stress reducing activity?
Write about how you might be able to do this: