



Inside Trade Secret on How Behaviorists Get Canines to Overcome their Fear of Fireworks!



The beauty and meaning of the 4th of July comes to us with time for family and friends to share colorful pictures in the sky while enjoying a nice BBQ. This is unfortunately not how our Wolfdogs are viewing this important holiday. Wolfdogs end up hearing extremely loud noises that they can't understand. As you may have already experienced from the past 4th of July holiday, Wolfdogs can change their happy go lucky demeanor to a scared pooch very quickly. It's important to understand what fear and anxiety is in order to deal with it properly.

fear

'fir/

noun

1. an unpleasant emotion caused by the **"belief"** that someone or something is dangerous, likely to cause pain, or a threat.

anx·i·e·ty

aNG'zīədē/

noun

1. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an **"uncertain outcome."**

So, as you can already see, by definition, fear is a form of anxiety caused by not having enough experiences that helps you ascertain what the possible outcome of a situation might be. This is why proper puppy socialization is very very important! This is also why personal growth, self awareness while learning to overcome your own fears and anxieties can also give you clarity when understanding, helping, Wolfdogs, friends or even family members!

As an example, fear of going on a romantic date can cause anxiety until you have been on enough dates with your new relationship that you feel emotionally safe and comfortable with who you are with. Or What if your spouse is constantly living in survival mode? Wondering how the bills are getting paid? Worried about losing their job? Wondering if their job

interview went as well as they thought? Wondering if your kids are being honest with you as parents? Maybe your spouse is wondering if you still love them? Or scared you may have to move on?

Now ask yourself... would you feel safe with your spouse? How your spouse carries themselves and their confidence plays a huge role in your relationship with them. Now because of their actions you in turn will find yourself also experiencing fear, frustration, anger, and even anxiety!

The best way to get started is you must show your Wolfdog that they have nothing to fear while you are in control. If you have no voice control or obedience over your Wolfdog or pack, then you have no history or past examples to show your Wolfdog(s) that they should allow you control of a scary situation.

This way of leading by example is often used in explaining fear to children. Young kids that haven't developed language just yet, also need to be shown through example how to overcome fear. While dogs have the mental equivalent of a 4-5 year old child I believe Wolfdogs to be the same but perhaps slightly older.

Now, what if YOU also have a fear of fireworks? OR maybe Cockroaches?! You must ask yourself how long or what training methods would work best to show “you” how to overcome fear. Now also ask yourself if you feel that the same methods to help with your fears will work on “Every” family member who is also afraid of fireworks. You then discover the individuality of each Wolfdog and its different requirements for customized approaches.

Once again keep in mind that Wolfdogs have the mental reasoning abilities of a 4 year old child. Knowing this, let's review the most common advice given by most trainers.

- 1.) Enjoy the 4th of July and instead leave your Wolfdog at home.
Provide them a place to hide where they can feel comfortable and safe.

False: Would you leave your fearful child at home with food/water and a safe place to hide in case the bad people show up? That sounds a bit selfish that you wouldn't take your child with you to see the fireworks because they have social anxiety and a fear of the public? If you really want to help your Wolfdog get better, you need to be a better leader and lead by example by demonstrating to your Wolfdog that you are a leader and provider. How do you ask?

For starters stop thinking about yourself and cancel your freaking 4th of July plans! Be with your Wolfdog through the experience to show and help them learn by association how fun this holiday can be! We can desensitize our Wolfdogs to fireworks by simply showing your Wolfdog your ability to control the environment and making it a safe place. Lower the volume and intensity of the fireworks by playing loud music but not enough to drown out the sound of the fireworks completely (we want to teach the Wolfdog that firework sounds are background noises that do not affect what's going on in the present moment of having fun in your living room playing games and having fun activities.)

Click the link below to watch a video of how Wolfdogs develop fears and associations:

 [Pt.1 Webinar: "Canine Communication & Understanding"](#)

So as you can see after watching this video Perceptions are developed through past experiences This experience creates perceptions that become your Wolfdog's reality even if its not based on facts. The recovery process includes more positive experiences replacing old perceptions with new ones! So be sure to play games with your Wolfdog that only are played

during 4th of July, after all that's why you are celebrating it. Be sure to give an amazing high value meal that your Wolfdog only gets on the 4th of July after all that's why everyone does the same thing and barbecuing is the common thing to do on the 4th of July!

What about medication?

Isn't it ironic that during one's youth and also during the 70's people did and tried every drug they could find in order to experience a different reality that could alter or expand the mind into a different perception or way of thinking. Yet in our current fad everybody is looking for that special pill to reduce stress, anxiety and just to feel like a normal person again! Huh?

I feel that medical drugs are used to avoid the body going through its own coping mechanism in order to learn how to be "Comfortable being Uncomfortable" But sometimes it can be used to calm the mind down enough to create a more rational way of thinking and observation. So that being said is medication bad?

Depends on the intent! If the purpose is so your Wolfdog can be medicated and not have to work through his fears and thus allows you to go out and party, then absolutely not! It would be no different than a parent giving their kid flu medicine to force a nap so you can watch your favorite TV show in peace! But if you are using it as a tool to help coach your Wolfdog through a scary situation and working with a professional behaviorist then YES DO IT!

Remember Don't Baby or try and sooth your Wolfdog as this will only encourage that your Wolfdogs reality is based on FACT and you are acknowledging there is something to be fearful of. Lead by example instead. Also keep in mind nobody overcomes fear, anxiety, or addiction without a support group of friends or family.

One more piece of insight before I let you go. Watch the video below of a study done observing human fear on an Olympic size diving board.

Notice that very few participants could jump on their own! There was nothing dangerous about jumping in a pool. Watch their emotions

override their rational reasoning! It was only through encouragement of friends, family and observation that they were able to overcome fear, but most importantly at their own pace and on their own time. So allow time for the results but never force the Wolfdog in a horrible situation or again you lose trust and leadership by demonstrating you can't be trusted to feel safe around. Click Link below!

https://youtu.be/5QMljSnt_E

About The Author:

Would you like Tony to visit your town/city and help you with your Wolfdog? Or perhaps host a Wolfdog Behavior seminar for your community? Hosting a seminar is fun and a great way to raise money for your cause! Please get in touch with our events coordinator to arrange a seminar! Support your cause and community in a fun and interactive way with your Wolfdog! Please call or text 1-888-402-3592 or visit <http://WolfdogBehaviorist.com>

Tony Is a Wolfdog Behaviorist with over 27 years experience. He is an expert thoroughly trained in canine ethology, learning theory, interpreting canine body postures and specializes in behavior modification & Wolf hybrids. Tony was an Animal Behavior College Mentor, Former host of K9 Talk Radio in Flagstaff AZ, and owner of one of the biggest Wolfdog behavior companies in Orange County. Tony now lives and offers Wolfdog behavior at Shasta College, Business Consulting & Mentorship .

We are behavior consultants specializing in Wolfdogs and Wolfdog mixes with behavioral issues. We offer coaching, mentorship, and seminars for owners, trainers, groomers, dog walkers or anyone who is in a canine profession who wishes to expand their knowledge of Wolfdog behavior 🐾🐾