

Distraction Worksheet



To start thinking about distractions, list around 5 events which can **distract your dog** from being focused on performing a behavior. These can be guesses – not something that actually happened. Examples could be a **knock on the door** (dog stops training session with you), a **squirrel running by** (dog runs to look out a window instead of waiting for the leash to go on), or even **someone walking to the kitchen** (which could interrupt your dog practicing touch the target). You can include some outside distractions too – such as when your dog is on a walk (loose or leashed) or even just getting out of a car.

Your list:

1.

2.

3.

4.

5.

Now, rate these distractions the best you can -- #1 is the least distracting (relatively easy for your dog to keep training through this distraction) and #5 is the most distracting (very hard for your dog to listen to you).

Distraction Staircase



Now that you have a list, think about training a particular behavior such as a recall. Starting on step 1, write down the treats/rewards you will provide and the distraction level you'll train. Then, think of a slightly higher level of distraction and slightly better treat for step 2. Continue this way until step 5, which will be the highest level of training you'd like to reach at this point in time. You can always train for higher level distractions later, so think of a goal that you believe your dog and you can reach in a matter of weeks.

BEHAVIOR _____

A large, light gray staircase graphic is positioned in the lower half of the page. It has five steps, each increasing in height from left to right. The steps are labeled with the numbers 1, 2, 3, 4, and 5 from bottom-left to top-right. Each step has a horizontal line extending across its width, intended for writing notes or details for that specific step.