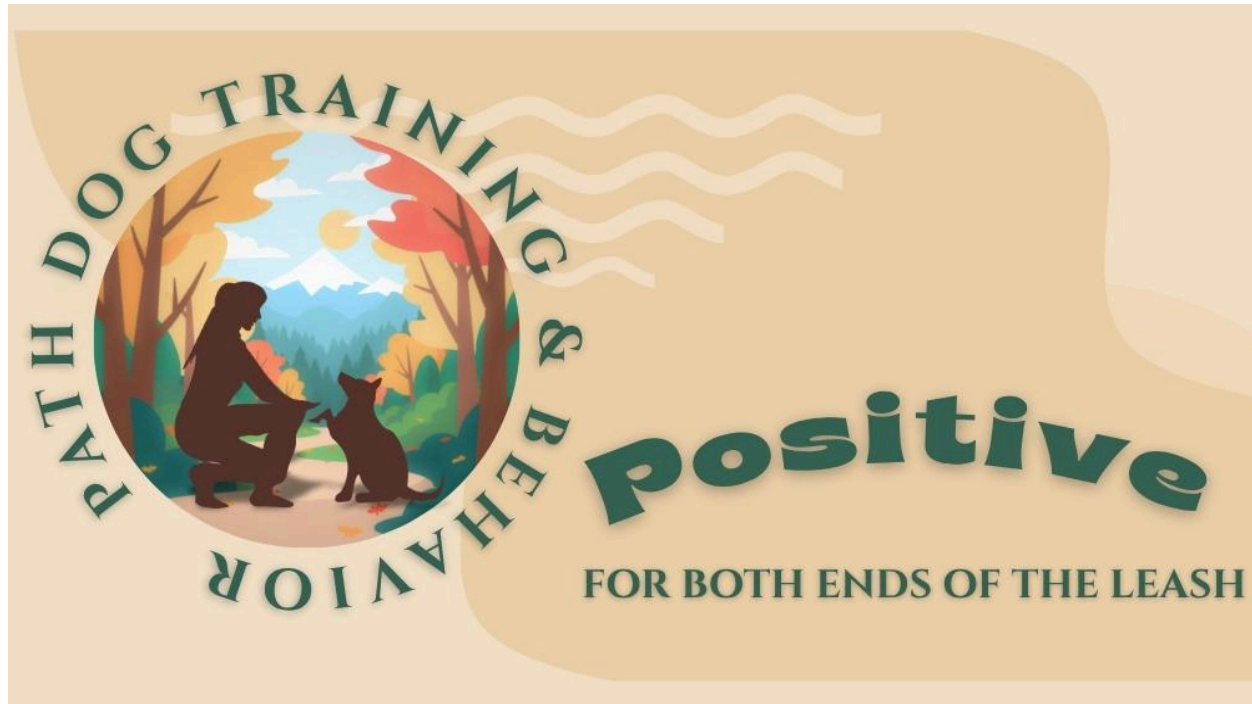


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NOT FOR RESALE

TROUBLESHOOTING WORKBOOK



Introduction

This Workbook includes instructions for the common issues we address when bringing home a new puppy or adopting an adult dog. If your dog is exhibiting behaviors that could be dangerous, such as angrily growling at you or other members of your household (human or otherwise), air snapping, and especially biting, please consult a [professional](#).

My hope is to provide my private-session clients with enough reminders in an easy-to-follow format that they can practice their homework with relative ease. If you are having trouble, you can [email me](#) for a reminder at our next session or book a Zoom session to get more specialized instructions.

1 | House Training

1. Take them out every hour, on the hour while you're home. As the schedule begins to reveal when they need to go out and when they don't, you can taper off some of these.
2. Take them out within 10 minutes of anything exciting that gets their digestion going: eating, playing, drinking, waking up from a nap, guests coming over, going in the car, arriving somewhere new, etc.
3. Limit their access to open spaces/hidey places where they could have accidents, unless actively supervised.
4. Confine them while you're away in a space small enough that they won't have an accident. Baby puppies can be in a crate+ex-pen combo, where there are potty pads in the pen. (There are washable ones that won't shred like paper ones.)
5. While they are going in the appropriate place, put it on cue by saying "go potty" or "go poop" soothingly on repeat. When they have finished, party and treat where they went.
6. Let them earn freedom by proving they will either ask to go out reliably or will hold it until you take them out.
7. My dogs go out a minimum of 5x/day: first thing in the morning, late morning, early afternoon, after dinner, and bedtime. They poop first thing in the morning and around dinner time. This is a reasonable schedule for an adult dog, once house training is complete. Some people can get away with 4x/day, but I just think it is way more fair to do at least 5x/day.
8. Some dogs and puppies are shy about going in front of their people. NEVER SCOLD YOUR PUPPY FOR GOING IN THE WRONG PLACE. This can exacerbate or begin this behavior, and only communicates that it is dangerous or unpleasant to go in front of you.
9. When your dog or puppy has an accident, assuming it is not a medical issue, there is nothing you can do to fix it then. Make a mental note to address the issue: Was it too long since the last time, or did you wait too long after they had something exciting happen, or did they have too much freedom and get somewhere they could hide too soon? Be sure to use a very thorough cleaner, such as My Pet Peed, to get the entire smell out. Remaining scent from cheap cleaners can attract further accidents, even on hard floors.
10. Some dogs and puppies may be shy poopers and not want to go away from home, or their yard, or their special poop spot on a walk. Keep giving plenty of opportunities and when they do finally go, be sure to be very proud of them AFTER, not during. If you get excited while they go, they may be so overwhelmed they stop.

2 | Crate & Confinement Training

I use the methods in [Susan Garrett's Crate Games](#) for any type of confinement, be it crates, ex-pens, or certain rooms.

3 | Drop It

Applications:

1. Part of teaching fetch, especially with something like a Chuck-It
2. Good for dangerous/stolen items your dog has in their mouth
3. Prerequisite for Give (drop it in my hand)
4. Good for tasks/tricks like putting laundry or toys in a basket, trash in a bin

Instructions:

1. While your dog has something in their mouth, offer them something in trade: a treat or a favorite toy.
 2. When your dog spits out the original object, say “yes” and give them the trade item.
 3. When that is fast and fluent, you can add the cue “Drop it” or “Drop” as you present the trade item.
 4. After several repetitions where the dog is successful, you can fade the visual of the trade item and simply say “drop it,” then yes/reward when they do.
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4 | On & Off

Applications:

1. Getting a dog off a person, chair, table, sofa, bed, etc. (teach release in advance)
2. Getting a dog to stop counter surfing (teach Leave It in advance)
3. Getting a dog on a scale, a grooming table, in the car, etc.

Instructions:

1. Lure your dog onto the object with food
 - a. If your dog is reluctant or if your puppy is incapable of hopping up, you can gently place them here or walk them up/over a few times to get over their fear.
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- b. For taller things, like SUVs, grooming/exam tables, human beds, etc, I recommend providing a stool or some stairs if the puppy is unable to make the jump yet. Practice the stairs without the object first – combining two novel items at once is often overwhelming.
 2. As they jump on, say “on” and yes/treat
 3. Release them with “ok”; and as they jump off, say “off” and yes/treat
 4. Depending on what the issue is, you can create a higher drive to solve an issue.
 - a. For example, if your dog is afraid of the weight scale at the vet, reward them with frequent jackpots for even putting 1 foot on, then 2, then all 4, etc. Reward them for staying a few times in a row, then release and don’t reward while they’re off at all.
 - b. If you want your dog not to counter surf, you can entice your dog to get on (put their front paws up on the counter), but then get very quiet and boring until they lose interest and get off on their own; then jackpot heartily. If you repeat this a few times, they usually stop being willing to put their paws up anymore, because they only get rewarded for staying off. You can practice with food items that were tempting them, but I would recommend putting everything tempting/edible away for at least 3 weeks. With practice, over time, the dog will stop trying to counter surf altogether IF the rewards are removed.
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5 | Puppy Nipping & Bite Inhibition

1. Puppies need to learn to control the force of their bite. While they have puppy teeth, let them nibble on you as long as there is no force behind it.
 2. If they start having too much force, audibly gasp, as though startled. I call this the “ouch noise,” and it is more effective than any sound with the voice that sounds like play/prey. When they stop, immediately treat them. (It may take a few treats to get them to stop trying to come after you repeatedly.) Pause before resuming play to let them fully settle down.
 3. Always keep play focused on a similarly textured toy; do not roughhouse and encourage your body parts or clothing to be the game. If they are going for shoes, belts, buckles, or baseboards, they want a harder toy. If they are going for fleshy parts, shirts, pants, or socks, they want a soft toy.
 4. Mouthing is 100% normal until after teething is completed (around 6 months old).
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6 | Separation Anxiety

Applications:

1. For dogs in distress when the owner (or anyone) leaves them and is out of sight, even if someone else is in the room/home with them.
2. For dogs who whine, bark, or howl when left alone.
3. Not directly for dogs who struggle against confinement, such as a crate, ex-pen, or small room with a closed door. Please use [Susan Garrett's Crate Games](#) for dogs who bite crate bars, slam into ex-pen panels, get into garbage, eat walls, eat clothing items, etc. This can help indirectly, though.
4. NOT for dogs who panic and self-mutilate; this requires medical intervention and sedation.

Instructions:

1. Dogs, like children, lack the understanding of object permanence – that a thing can still exist even if they cannot see/smell/hear/touch/taste it. This causes anxiety when a being they are emotionally attached to leaves their presence, because they believe the person has vanished from the planet, never to return.
2. The goal is to help the dog understand that their companions WILL return.
3. **Dummy Leaves.** We do this in 2 ways: (1) go out the door, close it, work up to locking it if applicable, and immediately return; (2) get ready to leave by putting on your shoes, getting your keys or bag, and then put it all away and don't go anywhere. Everyone in the house needs to practice this individually (unless the dog has no concern when they leave), as well as en masse where everyone leaves simultaneously. You want to see the dog's excitement for your return wane to the point they no longer even bother to greet you.

To do this, I recommend practicing one of the Dummy Leaves every 15 minutes you're home to start, and then spread it out as the dog is successful. Do this both with and without whatever confinement you may be using. So if you plan to have the dog stay in a crate, practice both putting the dog in the crate before you leave *and* not putting the dog in the crate before you leave. Also be sure to practice all the doors you exit from – in case you sometimes leave through the front door and other times through the garage door. Dogs are very literal; you have to show them that both doors have the same magical friend-returning properties.

4. Before you begin to practice leaving, and definitely before you leave for real, ensure your dog is VERY tired, both mentally and physically. If they already want to rest, half your battle is won. If they have pent up energy that needs venting and you “abandon” them with it, your battle is much harder than it

needs to be. Naturally, this includes ensuring they have had the opportunity to go pee and poop right before. Stress can absolutely trigger bladder and bowel responses, whether that's accidents while you're away, chronic and/or unexplainable diarrhea, or susceptibility to UTIs.

5. When you need to leave for real, be very happy and unapologetic, and give the dog a long-lasting, extra yummy, size-appropriate chew (not a nylabone type toy, something instantly reinforcing). Give their mouth something to chew on so they don't bark, cry, or howl. (You can find zillions of recipes for a frozen Kong on the internet.) The chewing will tell their nervous system not to get triggered into fight or flight mode. The treat will make your leaving not such a bad thing, and take the initial sting out of it. *Note: If your dog does not eat the chew you've left, even if you increase its value, your dog may need sedation and vet intervention.
6. Whenever you return, do not acknowledge your dog until they calm down. We want them to think leaving is awesome, returning is blah. It's not that you don't love your dog, you can absolutely love on them after they've settled down. We don't want to reinforce the notion that it's only good, fun, and exciting to exist around you. When your dog's separation anxiety has gone away, you can try not doing this anymore, but it is ESSENTIAL while the behavior modification plan is ongoing.
7. [Malena DeMartini Program](#)

7 | Wait Your Turn Game

Applications:

For dogs who get jealous of other dogs (or other animals) in the same household getting treats, loves, play, etc. This is NOT for dogs who will attack and bite the other dogs or the owners in redirected aggression.

Instructions:

1. When Dog 1 behaves jealously (whining, barking, rumble growling in a demanding way, getting pushy, etc.) interact with Dog 2.
 2. Continue for as long as the tantrum does.
 3. When the jealous Dog 1 stops for even a second, begin interacting with them.
 4. Alternate interactions with Dog 2 (not jealous) and Dog 1 (jealous) in that order.
 5. If the jealousy resumes, repeat Steps 1-4.
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8 | Sound Phobias (thunderstorms, fireworks, etc.)

Note: if your dog has experienced severe symptoms such as cowering in a tiny space, trembling, drooling, vomiting/diarrhea, and/or is unable to eat or come out, then you need to seek veterinary assistance with something like Trazadone or Sileo. Especially with something that has been going on for a while already, and may include digestive upset in the day(s) following. These recommendations are only for mild-moderate sound phobias.

Tips:

1. **Play white noise.** Have the TV on, music playing, something constant and fairly loud to drown out the sound as much as possible without being too loud.
2. **Create a safe space.** This may be a smaller room or the whole house, whatever your dog is more comfortable with. Close windows so they can't hear as well, close blinds/curtains so they can't see, have the background noise on, and if they like a crate, you can give them a little den to hide in.
Please do NOT attempt to crate train DURING a sound phobia episode. This must be done in advance.
3. **Manage the nervous system.** Give them a frozen kong and/or bully stick to chew on – the nervous system cannot both eat and be in fight or flight mode. Calming chews with valerian root, CBD, chamomile, and even melatonin can really help take the edge off.
4. **Play when they start to get worried.** Try to shift them out of a startle response, should one start. See if they will play their favorite game with a favorite toy.
5. **Counter-condition the negative emotional response.** Treat them for hearing the sound, even if they seem worried. You cannot reward fear. Use REALLY good treats: cooked plain chicken, meatballs, string cheese, hot dogs, etc. Make a GREAT impression.
6. **Prepare in advance.** Crate train, practice going into “bunker mode” for fun and have a movie night in there, and get used to having a good time with the routine you've decided on. Dogs catch onto environmental cues incredibly quickly, so if you only do these things when something terrible is going to happen, anticipatory anxiety starts. There are a million free tracks on YouTube, some on loop for 12 hours, that you can use – at a very low volume at first – to help desensitize between storms/holidays when the triggers happen for real.