



Positive Pup: Building Confidence Worksheet

This worksheet can be used to create a plan to build confidence in a pup that is showing sensitivity to something in their environment. As a reminder, if you have a puppy that is showing confidence concerns, reach out to your leader for support! Be sure to review the [Rules of Three](#) and [Explore Together! Socialization to Build Confidence in Puppies](#) documents before getting started!

The following are real-life examples you can use when planning your own worksheet!

Date: January 1, 2024

Puppy Name: Juno

Behavior: Barking at people knocking on the front door. Approximately 1-2 barks each time.

Step 1: Desensitization

1. Play sound of knocking on phone at low level – or – have someone knock on door quietly.
2. Feed high value treats immediately after knock. Regardless if Juno barks or not.
3. Wait for Juno to relax before playing sound again.

Ready for Next Step: When Juno is not barking at knocking on phone or door.

Step 2: Counterconditioning

1. Increase volume on phone (slightly) – or – have someone knock on door a little more loudly.
2. Feed treats after the sound. Regardless if Juno barks or not.
3. Wait for Juno to relax before playing sound again.

Ready for Next Step: When Juno is not barking at loud knocking on door.

Step 3: Generalization

1. Practice knocking on different surfaces or in different rooms of the house. Juno can even practice at a puppy sitter home!
2. Follow same steps above each time the location or sound changes.

Ready for Next Step: When Juno isn't barking at various knocking sounds in different rooms and surfaces. Then, when Juno isn't barking at sitter homes.

Step 4: Real-life Scenarios

1. Invite people over to practice. Have them text me before they arrive so I know to expect them.
2. Keep knocking lighter, at first. Then louder the next time someone comes to visit.



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Date: January 1, 2024

Puppy Name: Juno

Behavior: Backing away and attempting to run away when putting on the jacket.

Step 1: Desensitization

1. Show Juno the jacket. If she looks at or moves towards it, give her high value treats.
2. If she touches the jacket with her nose or part of her body, give her treats.
3. If she puts her head into hole of the jacket, give treats.
4. If she holds her head into the jacket, give Juno treats, then take it off.
5. If she puts her head in the jacket, clip the jacket on, give treats, then take it off.

Ready for Next Step: Juno can have the jacket put on and clipped without running away.

Step 2: Counterconditioning

1. Once jacket is clipped, give treats every few seconds for a short period of time, then take it off.
2. Put on the jacket and slowly increase the time Juno is wearing it. Feed treats and play with toys while it's on, just for a few minutes.
3. Work up to Juno wearing the jacket for longer periods of time and encourage her to walk around in a familiar place with it on, getting lots of treats along the way.

Ready for Next Step: Juno can wear the jacket for multiple minutes while walking around without frequently attempting to rub it off or avoiding it be put on.

Step 3: Generalization

1. Practice wearing jacket at home in different rooms, while playing in the backyard, when eating meals, or on short walks. Lots of treats throughout.
2. Have Juno practice putting on the jacket with different friends.

Ready for Next Step: When Juno can put on and wear the jacket in a variety of environment with a variety of people.

Step 4: Real-life Scenarios

1. At a club outing, have a club member take off and put back on Juno's jacket.
2. Put on the jacket as you arrive to an outing.



Guide Dogs
for the Blind

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Puppy Name:

Behavior:

Step 1: Desensitization

Ready for Next Step:

Step 2: Counterconditioning

Ready for Next Step:

Step 3: Generalization

Ready for Next Step:

Step 4: Real-life Scenarios