



# Settle Part 2

## Protocol for Relaxation

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*Credit to Dr. Karen Overall– Protocol for Relaxation*

The purpose of this protocol is to teach your dog to relax, default to looking to you and to earn rewards for appropriate and wanted behavior. This behavior will eventually lead to building a foundation for appropriate behavior that has been reinforced.

It also allows for dogs that are normally hyperactive, anxious and on high alert learn that relaxing can be rewarding!

It is important to remember in reward based training, that treats are used as a payment or reward, not as a bribe.

Choose a food your dog does not often receive during training (Chicken, cheese, hotdog). Some dogs may need a low valued treat as something too high value can cause them to become over aroused.

It is best to start introducing this protocol in an area your dog is comfortable and typically relaxed in, like your living room!

Naturally some dogs are always on high alert, anxious, hyper active– teaching them to relax is a learned behavior that has many benefits!

Using a designated Mat can help your dog associate with relaxation time. Before working on this protocol, introduce your dog to the idea of mat training.

Start with the mat in one designated area until the behavior is strong and you can then generalize the behavior to other locations.

### Things to note:

- Start in a low distraction area– Living room, kitchen, bedroom

- Have treats readily available

- Work on your dog stationing on a mat

- Can use a clicker– if you do not use a clicker you can mark the behavior with “YES”

The beginning of this protocol uses short distance, duration and distraction and slowly increased as the days go on and the behavior strengthens.



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## Do's:

1. **Always reward and “pay” your dog for doing good work!** Building up a trusting relationship with your dog keeps them motivated and willing to learn.
2. **Short daily sessions to help build the behavior.** Doing short sessions daily will allow you to see progress faster without causing stress on both you and your dog. Longer sessions does not mean you will accomplish the behavior faster but in turn can do more bad than good.
3. **Allow for Patience.** This form of training takes time and it is not something you will see overnight progress with. Consistency and following the protocol will be the best way to see results.

## Don'ts:

1. **Do not punish!** Your dog is learning and so are you! This protocol is solely based on positive reinforcement and based on building trust. If you feel like you or your dog are getting stressed, it is better to end the session then continue. If your dog makes a mistake, it is best to just reset them to the proper positive than do any form of “correction” even if it is just “no” or “eh eh”.
2. **Do not rush or skip through the Protocol.** The protocol is designed to take place in a 15 day period. We want this behavior to be strong and reliable and that takes time to build.



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## Day 1:

Down for 5 seconds  
Down for 10 Seconds  
Down while you take 1 step back and return  
Down while you take 2 steps back and return  
Down for 10 seconds  
Down while you take 1 step to the right and return  
Down while you take 1 step to the left and return  
Down for 10 seconds  
Down while you take 2 steps back and return  
Down while you take 2 steps to the right and return  
Down for 15 seconds  
Down while you take 2 steps to the left and return  
Down while you clap your hands softly once  
Down while you take 3 steps back and return  
Down while you count out loud to 10  
Down while you clap your hands softly once  
Down while you count out loud to 20  
Down while you take 3 steps to the right and return  
Down while you clap your hands softly twice  
Down for 3 seconds  
Down for 5 seconds  
Down while you take 1 step back and return  
Down for 3 seconds  
Down for 10 seconds  
Down for 5 seconds  
Down for 3 seconds

*To continue to work on settling behaviors, please look up Protocol for Relaxation by Dr. Karen Overall for the full 15 day protocol. [Overall Protocols9 main.indd \(karenoverall.com\)](https://www.karenoverall.com/Overall%20Protocols9%20main.indd)*