

*mini guide**

Separation Anxiety Training Checklist

Helping Your Dog Feel Safe Home
Alone



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Force-free | Science-led |
Connection before correction

*Full SA training guide available on our website

🧡 Before You Begin

Separation anxiety training isn't about leaving and hoping for the best, it's about rebuilding your dog's confidence, step by step. Before you start, make sure you've got the foundations in place.

Environment Check

- Safe, quiet space for training (no door slamming, loud noises, or distractions)
- Comfortable resting area, bed, mat, or pen your dog already relaxes in
- Video monitoring set up (phone, camera, laptop)
- Room temperature comfortable, background sound optional (radio, white noise)

Training Tools

- Notebook or spreadsheet to log progress
- A few minutes of calm time when you feel patient and focused
- Video equipment

Mindset Check

- Ready to start at your dog's pace, not a human schedule
- Understand that training sessions last minutes, not hours
- Accept that you may not reach full absences for several weeks (or months)
- Prepared to celebrate calm seconds, not time away
- Willing to stay consistent, same door, same cues, same energy

Starting the Process

1. Observe: Watch your dog's baseline. How do they behave when you stand, move to the door, or pick up your keys?
2. Identify Your First Success: Find the action they can stay calm for, that's your true starting point.
3. Train Calm, Not Distance: Begin with "Door Is a Bore" steps (find the steps on our website!)
4. Log & Adjust: Record each session. Only move forward when your dog stays fully calm.
5. Keep Neutral: No big greetings, no "testing." Calm departures, calm returns.

Common Pitfalls

- Rushing progress or skipping steps
- Leaving to "test" your dog
- Training when your dog's already anxious or overtired
- Emotional greetings or goodbyes
- Inconsistent routines
- Assuming enrichment alone will solve anxiety

Support & Next Steps

Head to our website for DIAB - www.biscuitsbuddies.co.uk/DIAB

If your dog struggles with these steps, or shows panic (barking, drooling, pacing, destruction), reach out to us for professional support.