

## Separation Anxiety Journal

From TrainPetDog.com

Keeping a journal is a reliable way of identifying whether or not your dog actually has separation anxiety. This journal will help you determine if your dog is really feeling anxious about your absence or whether it is just bored.

Here is the format of the Separation Anxiety record keeping journal. Just take a print and start filling it up.

Date	How long were you away for?	Where was your dog left at the time? (crate, loose, pen, etc.)	What behavior did you see in your dog prior to your leaving the home?	What physical evidence did you see when you returned home? (chewed items, accidents, damage)	How did the dog physically appear and act when you returned home? (wild, anxious, wet from saliva, etc.)

Here are some sample entries that one dog owner made:

Date	How long were you away for?	Where was your dog left at the time? (crate, loose, pen, etc.)	What behavior did you see in your dog prior to your leaving the home?	What physical evidence did you see when you returned home? (chewed items, accidents, damage)	How did the dog physically appear and act when you returned home? (wild, anxious, wet from saliva, etc.)
6/15	I left to go for a walk outside; gone maybe 15 minutes.	He was left loose in the house.	He appeared fine but followed me around.	There was breath and drool residue on the front window.	He was in the front room running from the window to the door, excited.
6/17	I had to run to the store for 1 hour.	He was left loose in the house.	He appeared to want to come with me and tried to get out the door.	There were big long scratch marks down the back of the door, and he had chewed the end of the carpeting.	He was panting and looked hot and tired. He was excited to see me; he drank a lot of water when I came home.
6/21	I went out to have lunch with a friend and for some shopping; gone for 4 hours.	He was left loose in the house.	I left him with a treat to play with, and he appeared interested in that. I did hear him bark a little when I left.	Today there was a huge accident of loose stool, and he had run through it several times. I noticed a few bite marks in the curtains and there was a broken blind on the window. He didn't play with the treat I had left at all.	He was super excited to see me, but I had to put him outside to clean the floor up. I could hear him barking and whining in the backyard the whole time.
6/21	I took a 30 minute shower after cleaning up the floor.	I had let him back in the house, and he was loose.	He followed me to the bathroom and was clingy and tried to come in with me.	I could hear him sniffing at the door, scratching at it, and occasionally jumping on it. He whined and barked but would momentarily calm down when I talked to him.	He was very excited and wanted to touch me constantly and follow me around.

P.S.: Do you notice a pattern in the above chart? While this owner originally assumed that her dog was just bored, this journal clearly pointed out that:

- a) The dog is suffering from separation anxiety and its anxiety seems to be on the rise.
- b) It grows more anxious as the number of hours that the owner is absent increases.