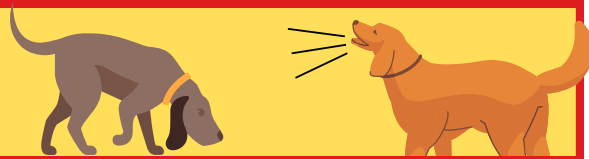
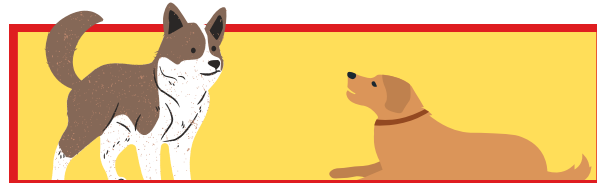


FEAR RESPONSES: THE 4 F'S



FIDGET / FOOL AROUND

Excessive jumping / hyper behavior
May appear "goofy" or "manic"
Disengage with sniffing / scratching
Hyper vigilant
Unable to settle
Excessive barking



FREEZE

May freeze immediately
Slow motion move...then freeze
Freeze can be in Sitting/Standing/Down
May freeze then slowly move
Avoids eye contact or fixed gazes



FLEE

May run away extremely fast
May accidentally run into danger
May simply walk away slowly
May attempt to hide



FIGHT

This is an extreme fear response
ALL breeds are capable of this
Your dog may not have ever acted in this way before

FEAR IS DIFFERENT FOR EACH INDIVIDUAL DOG

What happens to a dog's body when they become afraid?

Fear is an emotional state that occurs when your dog feels threatened or scared by a trigger.

Adrenaline, noradrenaline and cortisol are released into your dog's brain

Every dog may be afraid of different triggers

Things that may have been okay previously can possibly cause a fear response at any time

