

Protocol for Relaxation

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This program is the foundation for all other behavior modification programs. Its purpose is to teach the dog to sit and stay *while relaxing* in a variety of circumstances. The circumstances change from very reassuring ones with you present to potentially more stressful ones when you are absent. The purpose of the program is not to teach the dog to sit; sitting (or lying down, if the dog is more comfortable) is only a tool. The goals of the program are to teach the dog to relax, to defer to you, to enjoy earning a salary for an appropriate, desirable behavior, and to develop, as a foundation, a pattern of behaviors that allow the dog to cooperate with future behavior modification (generally desensitization and counter conditioning). This protocol acts as a foundation for teaching the dog context-specific appropriate behavior. The focus is to teach the dog to rely on you for all the cues as to the appropriateness of its behavior so that it can then learn not to react inappropriately.

About Food Treats

This program uses food treats. Please read the logic behind this approach in the "Protocol for Deference: Basic Program." Remember, the treats are used as a salary or reward-not as a bribe. If you bribe a problem dog, you are defeated before you start. It is often difficult to work with a problem dog that has learned to manipulate bribes, but there are creative ways - often involving the use of head collars -to correct this situation. First, find a food that the dog likes and that it does not usually experience. Suggestions include boiled, slivered chicken or tiny pieces of cheese. Boiled, shredded chicken can be frozen in small portions and defrosted as needed. Individually wrapped slices of cheese can be divided into tiny pieces suitable for behavior modification while still wrapped in plastic, minimizing waste and mess. Consider the following guidelines in choosing a food reward:

1. Foods that are high in protein may help induce changes in brain chemistry that help the dog relax
2. Dogs should not have chocolate because it can be toxic to them
3. Some dogs do not do well with treats that contain artificial colors or preservatives
4. Dogs with food allergies or those taking monoamine oxidase inhibitor (MAOI) drugs may have food restrictions (cheese, for dogs taking MAOIs [deprenyl])
5. Dog biscuits generally are not sufficient motivation, but some foods are so desirable that the dog is too stimulated by them to relax - something between these two extremes is preferred
6. Treats should be tiny (less than half the size of a thumbnail) so that the dog does not get full, fat, or bored
7. If the dog stops responding for one kind of treat, try another
8. Do not let treats make up the bulk of the dog's diet; the dog needs its normal, well-balanced ration

The Reward Process

Rewarding dogs with food treats is an art. Learning to do so correctly helps the dog focus on the exercises and keeps everyone safe. To prevent the dog from lunging for the food, keep the already prepared treats in a little cup or plastic bag behind your back and keep one treat in the hand used to reward the dog. That hand can then either be kept behind your back so that the dog does not stare at the food or can be moved to your eye so that you can teach the dog to look happy and make eye contact with you. The food treat must be small so that the focus of the dog's attention is not a slab of food but rather your cues. A treat of the correct size can be closed in the palm of the hand by folding the fingers and will not be apparent when held between the thumb and forefingers. When presenting the dog with the treat, bring the hand, with a lightly closed fist, up quickly to the dog (do not startle the dog) and turn your wrist to open your hand.

When starting the program, let the dog smell and taste the reward so that it knows the anticipated reward for the work. If the dog is too terrified to approach, you can place a small amount of the treat on the floor. Then ask the dog to "sit"; if the dog sits instantly, say "Good girl (boy)!" and instantly open your hand to give the dog the treat instantly while saying "stay."

Do not wave your hands or the treat around in front of the dog. This acts as a distraction and confuses the dog. Part of the point of this program is to make the dog calmer and less confused. Excitable behavior on your part or unclear signals can make your dog more anxious. This does not help.

It is important to be calm. Your dog will make mistakes. This does not reflect on you. Problem dogs and new puppies require a lot of patience. The people who have had the most success with these protocols have been those who work the hardest and most consistently.

The Protocol

The protocol is a program that was designed so that your dog could learn from it without becoming stressed and without learning to ignore the tasks because they were too predictable. The protocol intersperses long activities with short ones. You may have to adjust some activities to your particular needs. The pattern is actually spelled out in the program. It is preferable to reward the dog *only* for performing each task perfectly. If this is not possible for your dog, you can use a "shaping" procedure in which you first reward the dog for a behavior that approaches that indicated in the task. The next time you do the task, the behavior *must* be closer to perfect to be rewarded. If the program is done correctly, your dog will perform the task perfectly within a short time.

The protocol is a foundation for desensitizing and counterconditioning your dog to situations in which it reacts inappropriately. The pages can be used as one day's tasks, or you may proceed at the dog's pace (which may be faster or slower). Some exercises are weird (asking you to run in circles or talk to people who do not exist), but these can be very helpful in getting dogs to learn to relax in a variety of circumstances. Before you start the actual exercises, you must practice with the dog so that it can sit perfectly for 15 seconds without moving. Do this with food treats as described previously. Once your dog can sit this way and look happy and as if it worshipped the ground you walk on, you are ready for the more challenging stuff.

Remember that the keys to success are consistency and appropriate rewards. This means that, although we want you to work 15 to 20 minutes once or twice per day, you should work only for as long as both you and the dog are enjoying and benefiting from the program. If this means that you use six 5-minute intervals to accomplish three or four of the tasks that is fine. Please do not end on a bad note. If the dog's behavior is deteriorating or its attention is dissipating, do one final, fun, easy exercise and stop. By pushing the dog past its limits, you induce anxiety, and the dog backslides.

When the dog is able to perform all of the tasks and exercises both on- and off-lead in one location (the living room), repeat them all in other rooms and circumstances (the backyard or the park-use a lead here). When the dog performs all the tasks perfectly in all places with all household members, you are ready for Tier 2 of the protocols, which focuses on your dog's specific problems.

If at any point you cannot get past one task, try breaking that task into two or three component parts. If this still does not help, call the veterinarian who recommended the program and who is working with the dog's behavior problems. He or she will be able to help you determine the root of the problem. Please do not just continue accepting suboptimal responses. The goal is to improve your dog's behavior. Videotaping while you work with the dog can help. Not only can you show the veterinarian what you are doing, but also you can be a more objective critic of your approach if you are not also an active participant.

Finally, remember that the dog will give you lots of cues about how it feels. We are rewarding the physical changes associated with relaxation and happiness and so will also reward the underlying physiological states associated with this (parasympathetic part of the autonomic nervous system). This means that if the dog is relaxed, its body is not stiff, the jaws hang relaxed and are not tense, the ears are alert or cocked but not rigid, its head is held gently at an angle, and the eyes are calm and adoring, you will be rewarding the nervous system responses that help your dog learn. If you mistakenly reward fear, tension, aggression, or avoidance, you will not make as much progress. If it is easier for you and the dog to be relaxed if the dog is lying down, do that.

Good luck, and do not get discouraged. Many dogs go through a period of 3 to 7 days when their behavior gets worse before it improves. For the first time in their life the dogs have a rule structure they must follow, and they get frustrated while learning it. As they discover they are rewarded for being relaxed and happy, their behavior will improve. These programs are more difficult for the people, in many ways, than they are for the dogs. Stick with it!

PROTOCOL TASK SHEETS

The task is listed on the left. To the right is a space for your comments about the degree of difficulty of the task for the dog, how many times it had to be repeated, or other questionable behaviors that appeared during the task. You should discuss these with your veterinarian at the reexamination appointment.

Remember after each task to verbally praise the dog and reward it with a treat for perfect performance before going on to the next task. Each set of exercises is designed for a day or a block of time. Warm-up and cool-down periods are provided.

At the first sign of any anxiety /lips retracted, pupils dilated, head lowered, ears pulled down and back, trembling, scanning/, return to an exercise with which the dog is more comfortable or break down the exercise that produced these behaviors into smaller steps.

Day 1: Dog's Task	Location 1	Location 2
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		

Day 2: Dog's Task	Location 1	Location 2
Down for 10 seconds		
Down while you take 1 step back and return		
Down while you take 3 steps back and return		
Down for 10 seconds		
Down while you take 3 steps to the right and return		
Down while you take 3 steps to the left and return		
Down for 10 seconds		
Down while you take 3 steps to the right and clap your hands		
Down while you take 3 steps to the left and clap your hands		
Down for 5 seconds		
Down for 10 seconds		
Down while you walk one fourth of the way around the dog to the right		
Down while you take 4 steps back		
Down while you walk one fourth of the way around the dog to the left		
Down for 10 seconds		
Down while you take 5 steps back from the dog, clapping your hands, and return		
Down while you walk halfway around the dog to the right and return		
Down while you walk halfway around the dog to the left and return		
Down for 10 seconds		
Down while you jog quietly in place for 3 seconds		
Down while you jog quietly in place for 5 seconds		
Down while you jog quietly in place for 10 seconds		
Down for 10 seconds		
Down while you jog one fourth of the way around the dog to the right and return		
Down while you jog one fourth of the way around the dog to the left and return		
Down for 5 seconds		
Down for 10 seconds		

Day 3: Dog's Task		
Down for 10 seconds		
Down for 15 seconds		
Down while you take 2 steps backward and return		
Down while you jog 5 steps backward from the dog and return		
Down while you walk halfway around the dog to the right and return		
Down while you walk halfway around the dog to the left and return		
Down while you take 10 steps backward and return		
Down for 15 seconds		
Down while you take 10 steps to the left and return		
Down while you take 10 steps to the right and return		
Down for 20 seconds		
Down while you walk halfway around the dog to the right, clapping your hands, and return		
Down for 20 seconds		
Down while you walk halfway around the dog to the left, clapping your hands, and return		
Down for 10 seconds		
Down while you jog 10 steps to the right and return		
Down while you jog 10 steps to the left and return		
Down while you jog in place for 10 seconds		
Down for 15 seconds		
Down while you jog in place for 20 seconds		
Down for 10 seconds		
Down while you jog backward 5 steps and return		
Down while you jog to the right 5 steps and return		
Down while you jog to the left 5 steps and return		
Down for 5 seconds while you clap your hands		
Down for 10 seconds while you clap your hands		
Down for 10 seconds		
Down for 5 seconds		

Day 4: Dog's Task		
Down for 10 seconds		
Down while you jog backward 5 steps and return		
Down for 20 seconds		
Down while you jog halfway around the dog to the right and return		
Down while you jog halfway around the dog to the left and return		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you jog backward 5 steps, clapping your hands, and return		
Down for 10 seconds		
Down while you clap your hands for 20 seconds		
Down while you move quickly backward 10 steps and return		
Down while you move quickly 15 steps backward and return		
Down for 20 seconds		
Down while you jog halfway around the dog to the right and return		
Down while you jog halfway around the dog to the left and return		
Down while you walk quickly 15 steps to the left and return		
Down while you walk quickly 15 steps to the right and return		
Down for 20 seconds		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you walk all the way around the dog		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you walk around the dog, quietly clapping your hands, and then return		
Down for 20 seconds		
Down while you jog quickly around the dog		
Down for 20 seconds		
Down for 10 seconds while you clap your hands		

Day 5: Dog's Task		
Down for 5 seconds		
Down for 15 seconds		
Down while you walk quickly 15 steps to the right and return		
Down while you walk quickly 15 steps to the left and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down for 20 seconds		
Down while you walk around the dog, clapping your hands		
Down for 20 seconds		
Down for 10 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 10 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 20 seconds		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 10 seconds		
Down while the doorknob is touched or you move into entryway and return		
Down for 10 seconds		
Down for 15 seconds while you clap your hands		
Down for 10 seconds while you jog in place		
Down for 5 seconds		

Day 6: Dog's Task		
Down for 10 seconds		
Down for 20 seconds while you jog back and forth in front of the dog		
Down for 15 seconds		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk quickly backward, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 20 seconds while jogging		
Down while you walk around the dog		
Down while you walk around the dog, clapping your hands		
Down for 15 seconds		
Down for 20 seconds		
Down for 30 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down while you open the door or go into the entranceway for 5 seconds and return		
Down while you open the door or go into the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 10 seconds		
Down while you go through the door or the entranceway and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 5 seconds and return		
Down for 20 seconds		
Down for 10 seconds while you clap your hands		
Down for 5 seconds		

Day 7: Dog's Task		
Down for 10 seconds		
Down for 20 seconds while you clap your hands		
Down while you take 10 steps backward and return		
Down while you walk around the dog		
Down while you go through the door or the entranceway and then return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 5 seconds and return		
Down while you go through the door or the entranceway and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 15 seconds		
Down for 5 seconds while you clap your hands		
Down while you jog in place for 10 seconds		
Down while you jog three fourths of the way to the right and return		
Down while you jog three fourths of the way to the left and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 5 seconds		

Day 8: Dog's Task		
Down for 10 seconds		
Down for 15 seconds while you jog and clap your hands		
Down while you back up 15 steps and return		
Down while you circle the dog and return		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds		
Down for 5 seconds while you down in a chair (placed 5 feet from the dog)		
Down for 5 seconds		
Down for 15 seconds while you jog and clap your hands		
Down while you back up 15 steps and return		
Down while you circle the dog and return		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 30 seconds and return		
Down for 5 seconds		
Down while you circle the dog and return		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 10 seconds		
Down for 20 seconds while you jog and clap your hands		
Down for 15 seconds while you run around the dog		
Down for 10 seconds		
Down for 5 seconds while you turn around		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 10 seconds		

Day 9: Dog's Task		
Down for 5 seconds		
Down for 10 seconds while you turn around		
Down for 5 seconds while you jog		
Down while you walk around the dog		
Down while you jog around the dog		
Down while you jog around the dog, clapping your hands		
Down while you jog twice around the dog		
Down for 10 seconds		
Down for 15 seconds while you clap your hands		
Down for 20 seconds		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you disappear from view for 10 seconds and return		
Down while you circle the dog and return		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 10 seconds		
Down while you bend down and touch your toes		
Down while you stretch your arms		
Down while you stretch your arms and jump once		
Down while you touch your toes 5 times		
Down while you stretch your arms and jump 3 times		
Down for 15 seconds		
Down for 10 seconds		
Down for 5 seconds		

Day 10: Dog's Task		
Down for 5 seconds while you clap		
Down for 10 seconds while you touch your toes		
Down for 15 seconds while you down in a chair		
Down while you walk quickly 15 steps to the right and return		
Down while you walk quickly 15 steps to the left and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you disappear from view for 5 seconds and return		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 5 seconds		
Down while you walk quickly 15 steps to the right and return		
Down while you walk quickly 15 steps to the left and return		
Down while you approximately 20 steps to an entrance and return		
Down while you disappear from view for 5 seconds and return		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down while you disappear from view for 5 seconds, knock softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 5 seconds and return		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down while you disappear from view for 5 seconds, knock softly on the wall, and return		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 10 seconds		
Down for 5 seconds		

Day 11: Dog's Task		
Down for 5 seconds		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 5 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 10 seconds, and return		
Down for 5 seconds while you jog around the dog		
Down while you walk around the dog		
Down while you jog around the dog		
Down while you jog around the dog, clapping your hands		
Down while you jog twice around the dog		
Down for 10 seconds		
Down for 15 seconds while you clap your hands		
Down for 20 seconds		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you disappear from view for 10 seconds and return		
Down while you circle the dog and return		
Down for 10 seconds		
Down for 5 seconds		

Day 12: Dog's Task		
Down for 10 seconds		
Down for 5 seconds while you clap your hands		
Down for 15 seconds		
Down for 20 seconds while you hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 15 seconds		
Down for 20 seconds while you hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you disappear from view for 10 seconds and return		
Down while you circle the dog and return		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," and return		
Down while you disappear from view, say "hello," wait 3 seconds, turn		
Down for 10 seconds		
Down for 5 seconds and return		

Day 13: Dog's Task		
Down for 5 seconds		
Down for 15 seconds while you hum		
Down for 15 seconds while you clap your hands and hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 5 seconds		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return		
Down for 20 seconds while you hum		
Down for 15 seconds while you clap your hands		
Down for 5 seconds		
Down while you jog around the dog		
Down for 10 seconds while you clap your hands and hum		
Down for 5 seconds while you jog in place		
Down while you jog around the dog, humming		

Day 14: Dog's Task		
Down for 10 seconds		
Down for 10 seconds		
Down for 5 seconds while you clap your hands and hum		
Down while you run around the dog		
Down while you walk back and forth to the door		
Down while you leave the room, quickly knock or ring the doorbell, and return		
Down for 5 seconds		
Down for 10 seconds		
Down for 10 seconds		
Down for 5 seconds while you clap your hands and hum		
Down while you run around the dog		
Down while you walk back and forth to the door		
Down while you leave the room, quickly knock or ring the doorbell, and return		
Down for 5 seconds		
Down for 10 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 10 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and return		
Down for 20 seconds while you hum		
Down for 20 seconds		
Down for 5 seconds		

Day 15: Dog's Task		
Down for 10 seconds		
Down for 5 seconds		
Down for 15 seconds while you clap your hands and hum		
Down while you disappear from view, knock or ring the doorbell, say "hello," talk for 10 seconds, and return		
Down for 20 seconds while you hum		
Down while you disappear from view, say "hello," invite the imaginary person in, wait 5 seconds, and return		
Down for 10 seconds		
Down for 5 seconds		
Down while you disappear from view, say "hello," invite the imaginary person in, wait 10 seconds, and return		
Down while you disappear from view, say "hello," talk (as if to someone) for 5 seconds, and return		
Down for 5 seconds while you clap your hands and hum		
Down while you run around the dog		
Down while you walk back and forth to the door		
Down while you leave the room, quickly knock or ring the doorbell, and return		
Down for 5 seconds		
Down while you leave the room, knock or ring the doorbell for 3 seconds, and return		
Down while you leave the room and knock or ring the doorbell for 5 seconds		
Down while you leave the room and talk for 3 seconds to people who are not there		
Down while you leave the room and talk for 5 seconds to people who are not there		
Down while you leave the room and talk for 10 seconds to people who are not there		
Down while you run around the dog		
Down for 10 seconds while you down in a chair		
Down for 30 seconds while you down in a chair		
Down for 15 seconds while you clap your hands and jog		
Down for 5 seconds		

For Future Repetitions Repeat all tasks in different locations; Repeat all tasks with all family members; Repeat all tasks with only every second or third task being rewarded with a treat (Remember praise!); Repeat with only intermittent treat reinforcement. (Remember praise!)