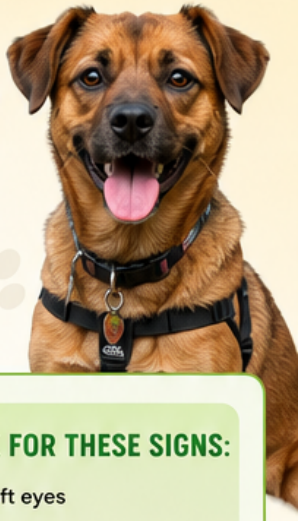
POWER POOCHES

UNDERSTANDING THE 3 REACTIVE ZONES

Know the zone. Change the outcome.

Understanding your dog's 3 reactive zones helps you make better choices, keep your dog under threshold, and build their confidence for life.



1 COMFORT ZONE

HAPPY, RELAXED & IN CONTROL

Your dog is engaging with the world and feeling good. This is where they can be their best selves.



IN THIS ZONE YOUR DOG CAN:

Eat · Drink · Roll · Toilet · Play

Wander · Rest · Sniff · Cuddle · Lay loose & hang out

They can focus on you, engage, eat treats and control their energy levels.

LOOK FOR THESE SIGNS:

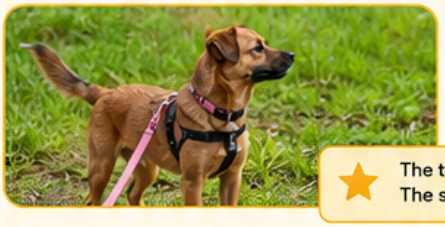
- Soft eyes
- Open mouth
- Relaxed ears
- Floppy legs
- Wiggly, loose body
- Relaxed tail

The size of the comfort zone is different for every dog and can change throughout their life based on positive and negative experiences and the type and distance of triggers.

2 TOLERANCE ZONE

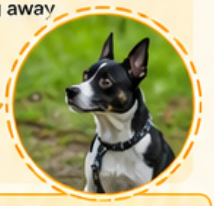
CAUTIOUS, WATCHING & HANDLING

This is the zone between comfort and discomfort. Your dog notices a trigger at a distance, perks up, or watches, but does not react.



SIGNS YOUR DOG MAY SHOW:

- Ears slightly pulled back or pricked up
- Brow furrowed (frown lines)
- Movement towards the dog or moving away
- Tail may go slightly up above neutral or lean to the left
- Body is stiff, maybe 1 paw up



IN THIS ZONE:

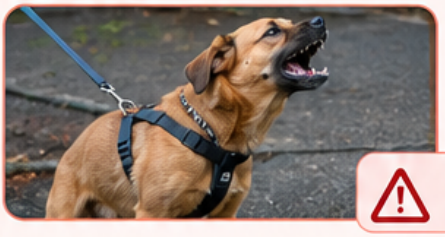
- They may still listen to cues and take treats (but slower).
- Don't ask for sits, downs, etc. – it can push them closer to a reaction.
- This is the zone to use training skills like engage/disengage, recall, U-turns, touch cue & more.

The tolerance zone is subtle – watch for the whispers before the reaction. The size depends on your dog's experiences and the type of triggers.

3 DISCOMFORT ZONE

OVERWHELMED, REACTING & STRESSED

Your dog is too close to a trigger and struggles to cope. Reactions happen here.



YOUR DOG MAY:

- Be uninterested in treats
- Unlikely to eat
- Stare
- Freeze
- Bark
- Growl
- Bare teeth
- Pull on leash
- Scan the area

BODY LANGUAGE SIGNS:

- Ears back or pricked
- Wide eyes or side eye
- Tight mouth, clenched
- Baring teeth
- Tense body
- High tail

YOU MAY FEEL:

- Stressed
- Panicked
- Less able to focus
- Worried
- Embarrassed



The size of the discomfort zone depends on the triggers, distance, and whether the trigger is moving, stationary, following, or reacting back.

WHY IT MATTERS

By building positive experiences in the comfort zone, we grow that zone bigger. As it grows, the tolerance and discomfort zones get smaller. This creates calmer dogs and more confident handlers!

FOCUS HERE:

COMFORT ZONE > TOLERANCE ZONE > DISCOMFORT ZONE

