



MODULE 4 WORKBOOK

Your Dog's Not
the Problem...

You Are!

Toolkit for Nervous Dogs



Clearing the Stress

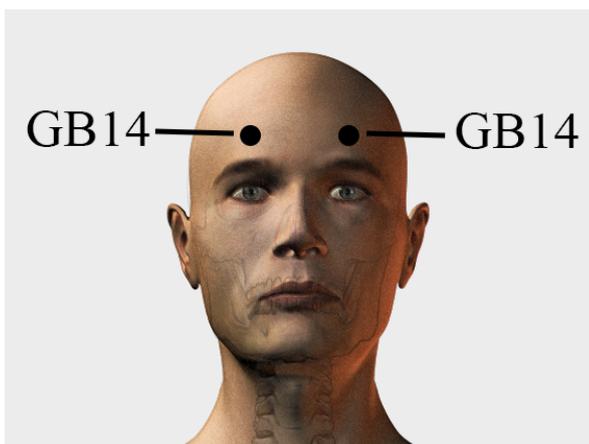
Now that we have accessed and identified the emotions and begun to understand the bigger picture of your dogs behaviour, we can now clear the core stress.

Emotional Stress Diffusion Points

These are points on the body that clear stress at a deep level. Stress activates the fight-flight mechanism in the brain which reduces blood flow to the frontal cortex. This means the dog and owner respond to stress from an emotional place of survival mode, resulting in a behavioural response that can be completely out of proportion to the actual situation.

To snap out of the fight/flight mechanism, all you need to do is return blood flow to the frontal cortex, which then provides an opportunity to act more rationally to the stress trigger. This means suddenly there is a conscious choice on how to respond to a situation, and this is also the window we would create to train a different response.

The Emotional Stress Diffusion Points (ESD points) are located on your forehead. These points sit on the Gall Bladder meridian. Each one is directly above the centre of your eye around mid-forehead level. You will feel each point has a slightly raised bump making it easier to find!



The Process

To clear the stress you are going to hold those points whilst activating the stressful situation. This is going to keep energy flowing to the frontal lobe, allowing rational processing instead of fight/flight alarm.

To activate the stress inducing situation you are going to visualise the stressful situation. Here are the steps:

- Place a piece of your dog's hair in a tissue as in yesterday's instructions and put it somewhere on your body.
- Verbally ask if you have permission to clear this stress for your dog using muscle monitoring.
- If yes, hold the ESD points with a light touch.
- Begin visualising the stress trigger for your dog. Visualise it from the very beginning of the scenario e.g. Reactive dog - putting on the lead to go to the dog park. Separation Anxiety - deciding to leave the house without your dog. Include the stress from the perspective of both you and your dog in this visualisation.
- Hold the points whilst you close your eyes and begin running through the scenario. Make it as real as possible by including sights, sounds, smells and of course the emotions we uncovered yesterday. These emotions will give it depth and trigger deeper level stress that can be cleared.

As you hold the points you may find that they pulse slightly. As you begin the process the pulsing will be out of synch, but as you start to clear the stress, the pulsing will become stronger and synchronised. You may feel heat or a buzzing coming from the points which is also fine. This will clear as the stress diffuses.

Don't worry if you don't feel anything at all from the points as I didn't for a few years after learning this technique. This process will take up to 5 minutes and perhaps longer. If you are unsure when to stop, simply remove your fingers from the points and ask if you need to continue using your yes and no options from muscle monitoring.

I would like you to run through this process a few times today and each time you will feel the stress reduced from the visualisation.

NOTES