

Step-by-step procedure

Now you understand what this exercise is all about, let us then get down to the nuts and bolts of how exactly you do this. You might be a bit overwhelmed at this point, and that's OK. I hope that motivates you to follow these instructions exactly as they come – no deviations, no shortcuts, no "improvements" - no changes whatsoever! I know this method works, so if you cannot make it work, there is one explanation possible: you did not follow these instructions...

It is paramount for your success that you finish each step before you move on to the next. No cheating!

The initial steps are training of YOU! They are aimed at giving *you* a chance to figure out what exactly your tools are to be – so take that opportunity to work on your own skills before you put the training method together.

You are allowed to make mistakes – and correct them through practice – *through the first three steps only*. But, in step four, there is no mercy on your mistakes! If you make any, you screw up your training with an effect of having to do 10-20 correct training sequences for every one you screw up, just to compensate for the damage you do with each error!

That should be enough to make you take your time on the first three steps.... 😊

1. Connect the reward with the performance

Clip on your leash and take the dog for a walk. Change direction, and make the dog happy for following you.

The objective for this is that you find out how you can make the dog happy for coming along with you when you change direction. Just for a second. One glance at you and a little wag with the tail will do. But you must see some kind of a happy reaction in the dog when it follows you in the new direction.

You can pet the dog, or praise it, or give it a treat, or initiate some play – it really doesn't matter – and you do not need to constantly use the same. The point is that you get comfortable with knowing what

exactly you can do to get those positive emotions transferred to the dog.

Until you get that, you continue working on your reward. You might have to experiment with different ways – and that's OK. As long as you do not continue with step 2, until you have this one under control.

Each dog is different, so you cannot just copy what worked for someone else. You have to find out what exactly works for you and your dog. There are no shortcuts possible.

Remember, the reward is *for the dog*. It must have value for the dog in the moment you give it. You must see some kind of positive response from the dog's side when you pass on the reward. If you don't, you have some serious work cut out for you, because you should not continue with the next step until you have this solidly in place. The entire training plan hinges on your being successful with this first step, so don't cheat!

Your goal for this step is this simple:

Identify what exactly you can do to trigger a reaction of "happiness" in the dog when you make it follow you after changing direction on your walk.

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2. Identify your incitement

Remember that the command you are about to use in the next step already has been taught to the dog to mean the opposite of what you want.... You incitement will thus have to be quite powerful – because you have to counter an already learned reaction!

(To be continued)