

Threshold

Your dog's **threshold** is the line where they go from being fine around a particular trigger to getting worried. When helping dogs with fear, anxiety or aggression, it is important that we work **under threshold** ("in the green zone"). Your dog will not be receptive to training if s/he is over threshold.



Green Zone

Your dog can see the trigger, but can easily disengage. S/he is under threshold. Proceed with training here.

Signs your dog is in the green zone

- Can easily look away from trigger
- Is able to respond to known cues and marker words
- Is interested in food and accepts with a soft mouth
- Displays relaxed body language (loose, wiggly body, relaxed tail position, neutral ears, soft eyes and relaxed mouth)



Yellow Zone

Your dog is now having trouble disengaging from the trigger but has not yet reacted. S/he is on the verge of crossing over threshold. Increase distance from or decrease intensity of trigger ASAP.

Signs your dog is in the yellow zone

- Prolonged staring at trigger
- Hair standing up on back
- Ears and/or tail alert
- Ears back and/or tail tucked
- Not able to respond to known cues
- Not accepting food or taking food with a hard mouth
- Lip licking, yawning, cowering, panting, wide eyes, tight mouth
- Moving or leaning away from the trigger



Red Zone

Your dog is now barking, lunging, growling, snapping or engaging in full blown aggression. S/he is over threshold. Increase distance from or decrease intensity of trigger ASAP.

Signs your dog is in the red zone

- Barking
- Lunging
- Whining
- Growling
- Biting/snapping
- Pinning/attacking
- Attempts to flee
- Freezing in place
- Nervous body language (see yellow zone)