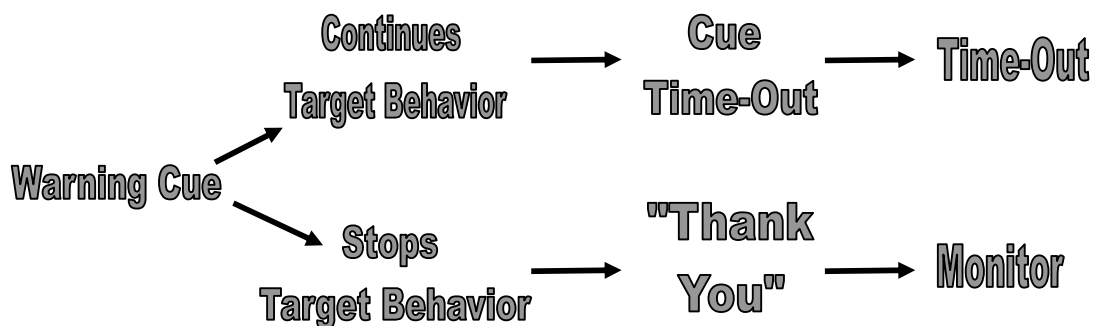


Time-Outs: What to Expect

Time-outs work really well for killing behaviors like play-biting or bullying other dogs. But, they only work if done every time the dog misbehaves. People often try it a few times and then abandon the technique because "it's not working" (phases 1-2). If only they had stuck with it longer, they'd have had success.

How to Do It



The Phases of Training

Phase 1: "Tra la la"

~Trials 1 – 4

Dog has made no connections between the elements in the flowchart above

Phase 2: May Try Resisting Arrest

~Trials 4 - 12

Dog has made the connection between the time-out and the T/O cue so may try to avoid being caught. But no connection yet between the warning cue, behavior and punishment

Phase 3: Hit and Miss

~Trials 12 - 20

Dog is beginning to put it all together and so is engaging in target problem behavior less and/or heeding warning cue (i.e. ceasing target behavior when warned) but not consistently

Somewhere Between Trials 12 & 20: Success! The Behavior Crashes

Dog has put it all together and refrains from target problem behavior and/or consistently heeds warning cues, with only occasional lapses (time him out for these)