



HAPPY HOME ALONE WORKBOOK

PRE-DEPARTURE CUES (PDQs)

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Dogs are masters of discrimination. They know when they're going for a walk and when you're leaving them alone, SOLELY based on the shoes you put on before you leave. Everything we do before leaving our dog becomes a habit for us and becomes a list of predictors of alone-time for them.

This is why you'll see your dog showing signs of stress as you get ready and not simply when you close the door behind you.

You may have been taught to disassociate these cues from the absence but I'm going to teach you the opposite of that. (Mind = blown, right?) We'll get there, but in the meantime I want us to get clear on where we're starting.

Some of the more common pre-departure cues (or PDQs for short) that you will see performed by the average person:

- blowdrying hair
- putting on makeup
- perfume / cologne
- dress clothes
- brushing teeth
- turning lights on/off
- closing doors to bathrooms or bedrooms
- turning on music
- giving stuffed food toy
- pouring to-go coffee
- packing bag / purse
- packing lunch
- putting on shoes
- putting on coat / hat
- picking up keys
- picking up phone
- picking up bag / purse
- saying "bye"
- closing / locking door

This is not an exhaustive list, however these are the most common things that we see. Every person is an individual and you may do things you don't even realise that you're doing! Video-record yourself getting ready to leave and use that to build this list if it helps!

YOUR TURN!

Observe yourself as you get ready for an absence and list the behaviours that you perform while you're getting ready to leave up until the point of closing and locking the door.