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BEYOND THE SHELTER / TAKE-HOME RECAP

Separation Anxiety Alone-Time Cheat Sheet



THE SHORT ANSWER

Helping a rescue dog with separation anxiety starts with filming the dog alone to confirm panic rather than boredom or crate stress. A graduated alone-time plan builds short absences a dog can handle calmly, then stretches the time slowly over weeks. A vet check comes first, since pain and stomach trouble can look like separation anxiety.

FOUR THINGS TO REMEMBER

1. Book a vet visit first. Pain, bladder or stomach trouble can look like separation anxiety.
2. Film the first 30 minutes after you leave to tell panic from boredom or crate stress.
3. Panic starts within minutes and targets exits. Boredom comes after a nap. Crate stress calms in a gated room.
4. Find the threshold, stop leaving past it, make exits boring, then add time only after 3 calm sessions in a row.

YOUR NEXT STEP

Short exits, long game. If progress stalls for a few weeks, call your vet or a certified behavior consultant.

Read the full article and sources:

https://letthembedog.com/blog/rescue-dog-separation-anxiety

Independent volunteer resource. Not veterinary advice. Contact your vet for health concerns.