

# The ABC's of Dog Training

\*Focus on the A's & C's to change Behavior.

- Antecedent**  
What happened immediately BEFORE my dog's behavior?  
Is there something I can do to prevent or manage this?
- Behavior**  
What did my dog do?  
Would I like my dog to do this again?
- Consequence**  
What happened immediately AFTER my dog's behavior?  
Is my dog more or less likely to repeat the behavior?

## Example:

### I sit on the sofa

My puppy wants to be by me, so they will most likely come over by me on the sofa.

### Dog jumps on the sofa

### I look at my puppy, say off and/or push them away, then go back to what I was doing.

My puppy most likely got off the sofa at this point, I ignored them when they got off though and gave them attention for jumping. What does my puppy learn? I just taught them jumping on the sofa gets them attention!

Prediction? My puppy will jump on the sofa again.

### Dog jumps on the sofa

and the cycle continues...unless I change the antecedent or consequence as described below...

## Change the Antecedent...Set Your Puppy Up For Success

### I sit on the sofa but have a plan!

My puppy wants to be by me, so they will most likely come over by me. I give my dog a hand target as they approach me. Then I lure them into a down position on their mat and feed them food rewards every so often for staying there.

### Dog lies on mat for food rewards

Every so often I feed my puppy another reward for remaining on the mat until released.

### Dog lies on mat instead of jumping on the sofa.

I have given my dog a better behavior to do and taught them what will get them rewards and attention.

Prediction? My puppy will lie on his mat when I sit on the sofa.

## Change the Consequence...Use to Decrease or Increase a Behavior

### I sit on the sofa

My puppy wants to be by me, so they will most likely come over by me on the sofa.

### Dog jumps on the sofa

### I ignore my puppy (don't look at or talk to them for jumping), then hold a food reward over their mat and reward them for staying on it in a down position.

because I ignored them when they jumped but gave them attention for getting off and on their mat, what does my puppy learn? I just taught them going to their mat gets them my attention and rewards.

Prediction? My puppy will lie on his mat when I sit on the sofa.