

# How to Help Fearful Dogs

By Christine Johnson

Owner of **Dogs 4 Life Training and Wellness** and **A Naturally Balanced Dog**

There are many dog behaviors that we humans interpret and associate with fear. In my experience, humans often over analyze behaviors and make an assumption that becomes the excuse, and in turn we accept the behavior the dog is exhibiting.

In order to help a fearful dog, begin by seeing a whole dog and not a behavior. Address the dog from the mental and physical aspect as well as the emotional. Has the dog been medically checked? Are they eating wholesome foods? Do they get adequate exercise?

Accept that it may get worse before it gets better; stay focused on the outcome. When dealing with fear, there is a process the body goes through. It clings tight to the old familiar internal response, before it can let go and reestablish a new way of life. Facing your fears can be scary.

Look at it from a therapeutic perspective. If you had a tragic experience, you might go to a professional to assist you through your healing process. Our physical bodies may react to a mental trauma by having waves of anxiety, apprehension, resistance, shaking and trembling, fatigue, exhaustion, and depression. This is the process we face on the road to wholeness.

Here often lies where we fall short in our assisting the dog to recovery. We see the dog is getting worse, so we stop. We must allow them to move through it with support, patience, love, and understanding, and know that the end result is balance and harmony.

To help your dog through the process, I always use flower essence and essential oils, as these focus on balancing the mind, body, and spirit. The results often help the dog move through the process more quickly as it adds stability to all levels of wellness.  
[www.anaturallybalanceddog.com](http://www.anaturallybalanceddog.com)

Work a dog slowly into a new environment; start new habits regardless of their objection. They should have lots of kennel time to process what is going on. Walk them, as walking is very therapeutic. Start your basic commands, which add stability, focus, and understanding of their environment.

Lastly, in order to help others you must also take care of yourself. Are your three body's (mind, body, spirit) balanced?

Christine Johnson  
Phone: 630 901-4597  
[dogs4life.com](http://dogs4life.com)

[Web: Dogs 4 Life Training and Wellness](#)  
[Web: A Naturally Balanced Dog](#)