



DOG ANXIETY CHECKLIST



This is a resource to help you understand your dog's anxiety better. You'll see a series of questions below- the more you answer YES to, the worse your dog's anxiety is.

YES **NO**

- Is your dog unable to settle (has no off switch) and generally hypervigilant?
- Is your dog reactive (growling, barking, lunging, aggression) towards other animals and/or people?
- Does your dog become over-excited, unresponsive, and behave poorly when faced with strange dogs and/or people (visitors, at the dog park, etc.)?
- Is your dog unable to settle and relax after stimulating or anxiety-provoking events?
- Does your dog have a toy/play addiction?
- Does your dog become unresponsive to commands they understand when they become stressed or over-excited?
- Is your dog distressed/aroused by certain sounds?
- Is your dog distressed/aroused when left alone?
- Does your dog display any obsessive-compulsive behaviors?
- Does your dog become distressed/aroused when left alone (or when you are preparing to leave them alone)?
- Does your dog display destructive behavior when left alone?
- Does your dog freeze when confronted with the pressure of any kind, or new experiences?

YES **NO**

- Does your dog cower away from new people, and try to hide?
- Does your dog bark excessively?
- Does your dog hate going to the vet?
- Does your dog ever escape from your yard and/or home?
- Does your toilet-trained dog ever urinate or defecate in your home?
- Has your dog ever snapped at or bitten another animal or human?
- Is your dog depressed?
- Does your dog ever pant excessively?
- Does your dog drool excessively at times when they are stressed?
- Does your dog pace?
- Is your dog restless and/or fidgety?
- Is your dog overly clingy, perhaps jumping on you and seeking comfort in the face of anything unusual or stressful?

All of the YES answers may be indicators of anxiety. Any number of YES answers indicate a need to seek help and investigate if your dog has anxiety, and get started helping them! Some of these Yes answers may also indicate that there is undiagnosed pain that requires investigation and treatment.