

Behaviour Report – Bluebell

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Owners: *****

Address: *****

Dogs: Bluebell

Boxer

female

spayed

5 years *****

Summary of Main Concerns

1. High dog-directed aggression/reactivity (owner-rated 8/10). Barking, lunging, growling, stiff posture, and fixation even at distance on walks; hair standing on end, barking, running, and jumping at fence toward neighbours' dogs.
2. Reactivity toward unfamiliar children (growling, stalking posture) and strangers (barking/growling at people passing the house/window, over-excited jumping up when people enter).
3. Noise/vehicle sensitivity on walks (lunging away from loud/big vehicles like lorries); general caution/anxiety with loud noises since puppyhood.

Cause Analysis

The combination of genetics, early life experiences (including limited socialisation due to COVID), potential trauma from past dog interactions, and current management has created a “perfect storm” for Bluebell’s behaviours.

Bluebell – Insecure base with genetic arousal plus learned reactivity

1. Genetic predisposition plus early anxiety signals.

Boxers are high-energy, protective breeds often prone to excitability and noise sensitivity. Bluebell's "flighty" response to loud noises from puppyhood suggests an innate cautious/anxious temperament. Without extensive positive socialisation during her critical window (especially with strangers and children, limited by COVID restrictions), her brain defaulted to viewing novel stimuli as potential threats. This is amplified by her breed's natural alertness and arousal levels.

2. Escalation post-season and traumatic incidents.

The marked increase in aggression after her first season aligns with hormonal shifts that can heighten territorial/protective instincts in females (even pre-spay).

Coinciding attacks by other dogs – though not injurious – likely created a fear-based association: "other dogs = danger/pain". In psychological terms, this is classical conditioning forming a defensive-aggressive response. Her early "dominant" play (standing over, grumbling) may have been misinterpreted puppy behaviour, but

without correction, it evolved into fixation and reactivity as a way to control unpredictable encounters.

3. Operant conditioning through rehearsals & avoidance.

Every time Bluebell barks/lunges/growls and the "threat" (dog, child, vehicle, passerby) retreats or is diverted (e.g., crossing the road), her brain gets a dopamine hit via negative reinforcement – "that worked!". Years of limited walks, no off-lead time, and avoidance strategies have allowed hundreds of these rehearsals, strengthening the neural pathways. Her patience with your own children shows context-specific tolerance (familiar = safe), but unfamiliar kids trigger the same fear/dominance loop as dogs. The lively home with young kids adds baseline arousal, making her more prone to over-reaction.

Psychological Model of How Real, Lasting Change Happens

(Why quick fixes fail and what actually rewires the brain)

Modern veterinary behavioural science uses the same neuroplasticity principles as human trauma therapy. The brain can form new pathways, but only under specific conditions:

1. Safety first – lower cortisol before learning can occur.

Until the dog feels safe, the pre-frontal cortex (thinking part) is offline. Muzzles, management, medication if needed, and structured routines all help to serve this purpose.

2. Systematic desensitisation plus counter-conditioning (DS/CC).

We gradually expose the dog to the trigger at a level where no fear/aggression response occurs (below threshold), and pair it with something of higher value than the fear (usually food). Over hundreds of correct repetitions the amygdala learns "dog/child/noise = predict delicious chicken", not "predict danger". This is classical (Pavlovian) conditioning overriding the old emotional response.

3. Operant rebuilding of new behaviours.

We then teach and reward alternative behaviours (look at me, settle on mat, hand-target, etc.) so the dog has something to DO instead of react. This is the "new job" replacing the old one.

4. Attachment rebalancing.

By having multiple calm, predictable, positive interactions with new people/children/dogs (always on the dog's terms), we move from insecure attachment toward secure attachment. The dog learns the world contains many safe elements, not just her family.

5. Consistency & repetition over 3–6 months.

Neuroplastic change requires many new positive experiences. One good walk does not undo four years of bad ones. Daily 5–15 minute sessions for 12–16 weeks are what create permanent rewiring.

Why Dedication & Deep Understanding Create the Transformation

When owners truly understand WHY their dog is doing something (trauma brain, learned reward history, attachment style, etc.), three powerful things happen:

You stop taking it personally – it's not "she's being dominant/naughty", it's "her brain is screaming danger". This removes anger/frustration (which the dog feels and mirrors).

You become 100% consistent because you see the long-term mechanism, not just the quick fix.

You celebrate tiny signs of progress (a softer body, one second of eye contact, a relaxed ear) because you know each one is a new neural connection forming.

Dogs like Bluebell are not “broken” – With patience, science-based methods, and your commitment, we can teach them a new, happier truth: the world is safe, and good things happen when dogs, children, or noises appear.

Bluebell already shows she is capable of dramatic change (patience with your own kids, solid basic obedience foundation). We just need to give her the right environment and plenty of the right repetitions.

Immediate Recommendations.

1. Vet appointment – Book Bluebell in with your vet for a full check-up, including any pain/discomfort (e.g., related to the past lump/itching or sensitivity to ears/paws/tail). Discuss short-medium term fluoxetine or similar to lower baseline anxiety and speed progress during training.
2. Muzzle Training – Start conditioning Bluebell to a basket muzzle (for walks, vet visits, and any introductions to children/dogs). This removes risk and owner stress instantly. See my free guide to help with this: [Muzzle Conditioning Guide](#)
3. Management Changes

Separate from kids' friends/visitors initially – use baby gates or crate for safety.

Stop fence reactivity immediately – use a lead in the garden for now; block visual access if needed.

Door/window barking/ Jumping up – See my free guides:
[Calm Greetings](#) and [Teach your dog some manners](#)

4. Walks To help begin a process of emotional decompression, we are initiating a one-week stress reset. The aim is to remove all known triggers from her life temporarily so her nervous system can stabilise and settle. Here's what we'll do:

No Walks for One Week Do not take your dog beyond the front door during this period. This pause is not a step back, it's a vital reset. She'll get all the stimulation and enrichment she needs at home.

Play Together in the Garden This is where you build your connection and strengthen your bond. Use the games she already loves:

Gentle Tug of war: Let her win often, it boosts confidence.

Fetch: Keep throws short and manageable to prevent over-arousal (especially with balls, as she gets "mad").

Find-it: Hide treats or toys in the grass or flower beds and encourage her to sniff them out.

Keep each session light-hearted and playful. No pressure to perform, this is about bonding, not obedience. Two to three short sessions (10–20 minutes) each day are perfect. End

while she is still having fun so she always looks forward to the next one. Allow toilet breaks and free sniffing time often. See my free guide for this game: [Find-it!](#)

Create a Calm, Predictable Environment

Keep things as relaxed as possible indoors. Try to avoid shouting, arguments, or loud TV volumes. Use low music, stick to simple routines, and give plenty of undisturbed rest. A peaceful environment is key to helping her nervous system regulate. If this is difficult, relax with her in the garden for about an hour each day. With your upcoming move to a larger home, we can adapt to incorporate more space for calm zones.

Observe the World from the Doorway

Each day, about 4 times per day, stand at the open front door with your dog beside you on a loose lead or harness. Stay calm and quiet, no talking, no phones, no distractions. Simply be with her and observe the world passing by. This isn't about exposure, it's about showing her she's safe while the world moves around her.

If she begins to stiffen, bark, growl, or stare intensely:

- Quietly step back inside.
- Allow time to relax.
- Try again later when she's calm.

Repeat this daily, and aim to comfortably reach 15 minutes of calm observation by the end of the week. This exercise helps build tolerance and calm focus without triggering her.

Option 1.

Ready to take the first step toward a calmer, happier dog, without any commitment?

Join Our Tail-Wagging Guided Walks for an adventure in Surrey's Gorgeous "Soaked & Muddy" Countryside.

Get ready for a tail-wagging experience in a safe, enclosed nature reserve bursting with beauty! I'm thrilled to invite you and your furry friend to a special walk designed to transform your dog's reactivity around other dogs. With patience and positivity, we'll work together to help your dog feel calm and confident.

You will meet my amazing canine assistants: a charming female Cocker Spaniel (Shandy) who's a pro at helping dogs, and a dashing male Border Collie (Oscar) who works wonders. These walks are like magic, gently guiding your dog to find peace around their triggers.

What to bring:

- Sturdy walking boots or wellies (winter vibes call for cosy feet!)
- A harness or collar and lead for your dog
- Some irresistible fresh roasted chicken (or your dog's favourite reward)

Come join the fun, make new friends (furry and human!), and watch your dog blossom in this welcoming, supportive adventure. Let's make walks joyful again!

Free structured walks are available every Saturday between 11am & 1pm

Read the free guide for structured walks:

[Free Structured Walks](#)

Option 2.

Self-Guided £12.95

plus £40 per month for support via WhatsApp (optional)

Given your busy lifestyle with two young children and the upcoming house move, you mentioned that any plan needs to fit realistically into your life without requiring all your energy.

If you're interested in a more flexible, self-paced starting point before committing to the full tailored programme (or as a stand-alone resource), I recommend my Reactivity Rehabilitation Workbook and Canine Reactivity Rehabilitation Guide.

These resources provide step-by-step, science-based protocols for addressing dog reactivity like Bluebell's, including decompression exercises, trigger tracking, and gradual exposure techniques.

They're designed for owners like you who need short, integrable sessions (10-15 minutes daily) and can be used at your own speed.

They align perfectly with the principles in this report and can help build early progress, with the option to upgrade to personalised support later if needed.

The free Workbook:

<https://dog-aggression-specialist.co.uk/b/uNJio>

Reactivity Rehabilitation Guide:

<https://dog-aggression-specialist.co.uk/b/Ag4b9>

Also available on Amazon Kindle or paperback:

<https://amzn.eu/d/iaCsJsl>

Option 3.

Comprehensive Behaviour Modification Plan

£125.00 includes WhatsApp support until the issue is resolved.

My services operate on a one-time payment model, there are no monthly fees or any hidden extras. LOWER PRICES for 2026. "I am offering lower rates than all of the canine behaviourists in the UK because I'm dedicated to helping dogs and their owners, especially during tough times. My goal is to ensure cost isn't a barrier to getting the support your dog needs."

The Importance of Collaboration for Success

Consultations are highly effective when there is active collaboration between the dog owner and the behaviour specialist. Your involvement plays a crucial role in ensuring the success of the training process.

Consistency: By following the training plan and implementing recommendations consistently, you create a stable environment for your dog to learn and adapt.

Observation: Your insights and observations help identify subtle behaviours and triggers that may not be immediately apparent in video submissions.

Feedback: Regular updates and feedback allow for timely adjustments to the training plan, ensuring it remains effective as your dog progresses.

Commitment: Your dedication to the process reinforces the training and helps build a stronger bond with your dog, improving communication and trust.

By working together, we can address behavioural challenges effectively and achieve lasting positive change for both you and your dog.

Terms

This is a 12-week structured programme with unlimited free support via 1-to-1 WhatsApp voice-note/video support plus scheduled telephone calls as needed.

What is included

Full written 12-week day-by-day plan (PDF) tailored exactly to Bluebell.

Desensitisation/counter-conditioning protocols for dogs, unfamiliar children, strangers, doorbell/knocking, loud vehicles/noises.

Reactivity rehabilitation protocols for walks, garden fence, and home visitors.

Muzzle training, settle-on-mat, boundary training, LAT/CALM games, pattern games.

Recall and obedience rebuild (building on her current 5-6/10 scores, reducing pulling).

Unlimited WhatsApp support (voice notes answered same day, videos reviewed).

12 × 30-minute scheduled telephone calls (you book when you need them).

Follow-up report and next steps at week 12.

Why My Tailored Rehabilitation Training Plan Works.

When it comes to resolving behavioural issues – particularly reactivity or aggression – weekly classes or static behaviourist reports often miss the mark. That's why I offer something very different: a Tailored Rehabilitation Training Plan designed specifically for your dog, your environment, and your goals – and most importantly, delivered with one-to-one support that puts you at the centre of your dog's progress.

Why It's So Effective

This approach works because it empowers you, the owner, to make meaningful changes. I teach you how to understand your dog's behaviour, how to respond in the moment, and how to create the calm, cooperative relationship you want – all through a plan that adapts to your dog's progress.

But what makes this truly different is the ongoing one-to-one support. You're not left to figure things out on your own between sessions. Instead, you have daily access to expert advice, giving you real-time help and reassurance as challenges come up. That means better decisions, fewer mistakes, and faster progress.

Better Than Weekly Training or Behaviourist Reports

Personalised, not standardised: Traditional behaviourist reports (often costing £360 or more) are usually one-offs, with little or no follow-up. Weekly training classes can seem helpful but rarely address serious behavioural issues – and the costs add up quickly.

Support where it matters: You're not trying to apply theory from a group session to your chaotic kitchen – you're working in real life, with guidance that fits your exact situation.

You become the expert: By learning how to help your dog directly, you gain skills and confidence that no trainer or behaviourist can give you in just a few sessions.

Incredibly Cost-Effective

The Tailored Rehabilitation Training Plan is designed to give you professional-level guidance without the ongoing financial strain:

- No weekly fees or class commitments
- No need for expensive follow-ups
- Daily expert access, without the daily cost

You're not just buying a service – you're investing in a full support system that helps you make long-term change, step by step, with someone by your side the whole way.

If you're ready to move beyond short-term fixes and actually change how your dog feels, responds, and behaves, this is the plan that will get you there and I'll be with you every step of the way.

Let's turn understanding into progress, and progress into peace of mind.

Once paid, your full custom 12-week plan will be sent within 48 hours and we begin working on the issues together.

Option 4.

In-Person Coaching Walks £60 per visit.

For owners who prefer hands-on, practical support tailored to your daily routine and local environment, I offer in-person visits where I come to your home, take Bluebell for a structured walk, and coach you every step of the way.

This option allows me to directly handle and help your dog while demonstrating techniques in real time, making it easier for you to replicate them independently.

What to Expect:

- Personalised demonstration: I'll walk Bluebell myself to show effective handling for reactivity triggers like other dogs, vehicles, or strangers, using desensitisation and counter-conditioning methods.
- Real-time coaching and feedback: As we walk together, I'll guide you on your technique, provide immediate feedback, and highlight positive progress, building your confidence and skills on the spot.
- Customised to your setting: We'll address issues in your neighbourhood or garden, adapting strategies to Bluebell's specific environment for more relevant and lasting results.
- Accelerated progress: Direct interaction often leads to quicker breakthroughs, as I can assess Bluebell's body language and adjust plans instantly, reducing trial-and-error for you.
- Flexible and convenient: Schedule visits at times that suit your busy life with kids and the house move, no long-term commitment required, just book as needed.
- Safety-focused: All walks use a muzzle and management tools as recommended, ensuring a low-stress experience that boosts Bluebell's trust and your peace of mind.

This option complements any of the above plans or can stand alone for targeted support. It's ideal for seeing techniques in action and gaining the tools to maintain progress between sessions. Contact me to arrange your first visit and start transforming walks into positive experiences.

Next Steps

Bluebell is highly intelligent, bonded to you, and capable of dramatic improvement – you have already done an enormous amount right (patience with your kids, affection, basic routines). We just need to undo some learned patterns and give her new experiences of the world being safe.

Looking forward to getting started,

Rob Wright

Dog Aggression Specialist

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FAQs

What if I feel I can't train my dog?

Don't worry! It's common to feel it's too difficult, especially when facing challenging behaviours. That's why this service is designed to guide you every step of the way. You'll receive a customised rehabilitation training plan, ongoing support via messaging and calls, and up to four progression updates as your dog improves. The key is collaboration—you're not alone on this journey.

How quickly can I expect results?

Every dog is unique, and progress depends on factors such as the dog's temperament, the severity of the behaviour, and consistency in following the plan. While some issues may show improvement within weeks, others might require more time and dedication.

What if I can't use WhatsApp or Messenger for video submissions?

While these platforms are preferred for their ease of use, alternative arrangements can be made to suit your needs. Just let me know, and we'll work together to find a solution.

Do I need to commit to in-person sessions?

Not necessarily. Many issues can be addressed effectively through video submissions and online consultations. However, if needed, in-person sessions are available for a more hands-on approach.

How do I know if this service is right for my dog?

This service is ideal for any dog owner facing behavioural challenges. Whether it's aggression, anxiety, or something else, the tailored approach ensures that the plan fits your dog's specific needs. The free initial call is a great opportunity to discuss your concerns and explore how I can help.

What if I can't maintain a consistent routine?

Routines are important for your dog's progress, but life happens, and flexibility is key. We can work together to adjust the plan to fit your lifestyle while maintaining the structure your dog needs to succeed.

How much time do I need to dedicate each day?

While daily time requirements can vary, most plans involve short, focused training sessions (10-15 minutes) and consistent routines like walks and feeding. I'll help you integrate these into your schedule without it feeling overwhelming.

What if my dog doesn't respond to the routine?

Every dog is different, and it's okay if progress feels slow. If something isn't working, I'll adapt the plan to better suit your dog's needs and ensure they're set up for success.

What is my role in the training process?

Your role is vital to your dog's success. Consistently following the plan, observing your dog's behaviour, and providing feedback are all key components of the process. Collaboration ensures the training plan evolves with your dog's progress.

What if I miss a training session?

Missing a session occasionally won't derail your dog's progress. However, consistency is important, so try to resume the routine as soon as possible. I'm here to support you in staying on track.

How do I stay motivated through setbacks?

Setbacks are a normal part of the process. Focusing on small wins, celebrating progress, and maintaining regular communication with me can help keep you motivated.