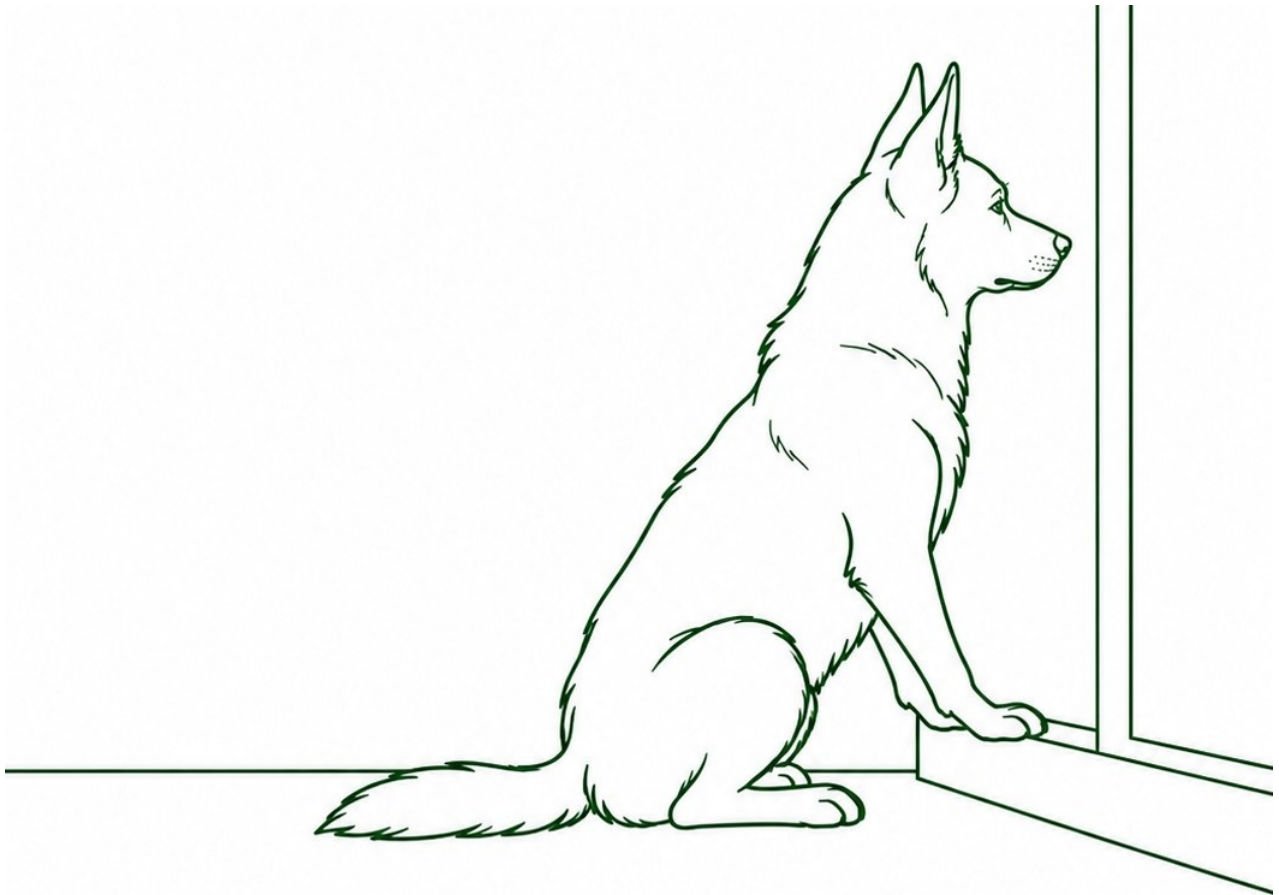


When Your Dog Barks at Everyone Who Walks By

Understanding barking at the window and the door
and taking the triggers out of everyday life



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This workbook is for you if

Your dog lies at the window and announces everyone who walks by.

Every time the doorbell rings, all hell breaks loose, no matter who's standing there.

The delivery driver is the highlight of the day.

You can't have a phone call in peace anymore when someone passes the house.

After the barking, it takes him a long time to lie back down.

The neighbors have already made a comment.

You don't have to recognize everything. Two points are enough.

And when this isn't the right workbook

Your dog barks mainly when he's home alone. That's a different topic with different causes, and it isn't covered here.

He doesn't just announce visitors—he has snapped at or bitten someone. Then start with Part V.

It's about barking outside on leash, at other dogs. That's a topic of its own, too.

This isn't a brush-off. It's the difference between a process you can build on your own and a situation where someone needs to take a look.

Part I • The dog at the window

The question this part is about:

What is he actually doing there?

The moment he shoots up

You're sitting in the living room on the phone. Your dog is lying on the couch, half asleep, head toward the window.

Someone walks by outside.

That same second he's up, at the glass, and the room is full of noise. You cover the phone with your hand, say his name, say it louder, stand up. By the time he stops, the passerby is long gone.



The back of the couch is his lookout. Without it he wouldn't get up this high, and without the height he wouldn't see the passerby coming.

Then comes the part hardly anyone counts: he doesn't lie back down. He stays at the window, tense, looking out. Two minutes later the next one comes along.

Twenty times a day.

Those twenty times are what this workbook is about. Not the one loud event, but the frequency, and what it does to your dog.

What this workbook does

It takes the opportunities away from your dog before it practices anything.

The reason is in Part II, and it's the heart of the matter: at the window, the reaction pattern gets repeated very often. The passerby appears, your dog reacts, and shortly afterward the passerby is gone again. In dogs that want to create distance, the stimulus disappearing can reinforce the barking even further. Whatever the exact function, one thing holds: as long as this happens twenty times a day, everyday life racks up far more repetitions than a single training session.

So you'll count first, then change the sightlines, and only after that build something.

At the end you won't have a dog who never barks again. You'll have one who announces and then stops again, because announcing now has an ending it didn't have before.

What it doesn't do

It doesn't make a diagnosis, and it doesn't treat every kind of barking.

Barking is observable behavior and at the same time a vocalization that can occur in very different contexts. This workbook deals mainly with announcing at the window, the fence and the door, plus reactions to sounds whose source your dog can't see.

It doesn't cover barking when you're not home. That looks similar and has different causes.

It doesn't cover barking on leash at other dogs.

And it isn't a workbook for dogs who have not just announced a visitor but snapped at or bitten them. In that case, read Part V first.

What you need

A baseline measurement. If the situation is safe and your dog can cope with it well, you first count for a few days, ideally a week, before you make any bigger changes. If there's clear stress, a safety problem or an unreasonable burden, management starts right away; then you document from that point on.

The worksheets from the appendix and a pen that stays by the window.

Later, for the changes: privacy film or something equivalent, and the willingness to move a piece of furniture.

And an agreement with everyone in the household on how you count and which safety or management measures apply from the start.

How to read on

Part II explains why the barking doesn't decrease on its own. If you only read one part, read this one.

Part III is the rearranging: sightlines, doorbell, door, fence.

Part IV builds what your dog should do instead. It deliberately comes after the rearranging, not before.

Part V is for when more is needed than a workbook can give, and for the situation where there's already trouble with the neighbors.

The statements in this workbook are based on research. To keep the text readable, the sources aren't in the middle of it but collected at the end under "Where the knowledge comes from." If you don't need them, just skip them.

Why "stop barking" is the wrong assignment

The sentence most people bring to a dog training school is: He needs to stop barking.

Put that way, the task is too vague. Not because the goal is fundamentally out of reach, but because the sentence doesn't yet say anything about why, when and in what state your dog barks.

Barking is observable behavior. What matters is this: the same vocalization can occur in very different situations and have different functions and emotional backgrounds.

A dog who wants to put distance between himself and a passerby at the window and one who gets your attention by barking can have completely different reasons and consequences. So an identical plan would often be a poor fit.

What you ask instead: In what situation does he bark? What happens right before and right after? And what motivation or emotion might be involved? Only from that does a sensible plan emerge.

Which barking happens in your home

Six practical contexts in which dogs vocalize. These are working categories, not diagnoses. Check off what you recognize as you read.

Announcing at the boundary. At the window, at the fence, at the door. Something approaches the area your dog considers his. This is the main case in this workbook.

Demanding distance. Someone comes closer, and your dog wants more space. This can include forward-leaning body tension, repeated barking or a tendency to retreat. You can't reliably tell the motivation from the sound alone. For this, read Part V.

Demanding something from you. The dog barks at you, you get up. That's the exact opposite and needs a different plan.

Arousal during play. Can be perfectly normal. It becomes relevant when it's very frequent, very intense or hard for your dog to stop.

Vocalizing when you're not home. Not covered in this workbook.

Reacting to sounds with no visible source. Stairwell, elevator, the neighbors' door. This workbook covers it too, but separately, because your dog can't see anything in these cases.

Some households have several of these contexts at once. So on Worksheet A, for each event you record not just that there was barking, but also which of the six cases fits best.

What you take away from Part I

Barking is a behavior and a vocalization that can have different functions in different contexts.

"Stop barking" is therefore not yet a precise enough training goal.

The useful questions are: In what situation does it happen? What happens before and after? What motivation or emotion might be involved?

This workbook covers announcing at the boundary and sounds with no visible source. Everything else needs a different plan.

Worksheet A • The bark list

If the situation is safe and manageable, you first collect a baseline for a few days to a week. If management is needed right away for safety or animal welfare reasons, start with it and note exactly from when it applies. One line per barking event.

Dog: _____ Week of: _____

Day	Time	Where	Trigger	Case 1–6	Duration	Until calm

Cases 1 to 6 are the working categories from Part I. Duration is the time during which there was barking. "Until calm" means the time until your dog is roughly back at his individual baseline: softer body tension, no ongoing scanning or fixating, normal breathing and responsive again. Lying down alone is not yet a reliable marker of calm.

This is the end of the preview.

When Your Dog Barks at Everyone Who Walks By

The complete workbook has 30 pages and 7 worksheets to print out. You get it as a PDF right after purchase.

€9.90, one-time payment, no subscription.

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