DMT Worksheet

Distraction Ideas for DMT

* People Laughing - Bikes - Yelling
* Traffic - Dog Barks - Children
* Cars - Motorcycles - Bin lids
* Livestock - Car engines - Car doors
* People talking - TV images - Music
* Horses - Plane/Helicopters - Buses

List top 10 everyday noises that does not trigger excitement/fear in your dog that you can DMT?

1. …………………………………………………………….. 6. …………………………………………………………………..
2. ……………………………………………………………… 7. …………………………………………………………………..
3. ………………………………………………………………. 8. …………………………………………………………………..
4. ………………………………………………………………. 9. ……………………………………………………………………
5. ………………………………………………………………. 10. …………………………………………………………………

Organise your DMT distractions into HIGH LEVEL, MEDIUM LEVEL OR LOW LEVEL

High level: These are the distractions that trigger your dog and are the villains in your life!

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Medium: These are distractions that your dog gets attention on but can manage around

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Low: These are everyday scenarios that your dog barely notices

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