

Counterconditioning to approaches at the food bowl

The purpose of this exercise is to help your dog feel comfortable when you approach the food bowl. Make sure you only progress when your dog is relaxed. If your dog is tense, back up in your training.

Put your dog's food bowl down with the normal amount of kibble.

Stand at a distance from the bowl at which your dog doesn't react. Make sure that you have treats which are better than what is in your dog's bowl.

Say your dog's name and then toss a treat into the bowl or next to it. Watch your dog's body language. If it is tense at all, walk away. When you practice again the next day, stand farther from the bowl.

Continue as above until your dog sees you approach and sits or comes toward you in a friendly way. When it does this, provide a reward and walk away.

When your dog can perform the behavior above consistently, take one step forward and start over. Continue over many sessions to close the distance.