



Lesson #1 – Highlights

Your dog's fearful response to being left alone is involuntary, and can be quite powerful. He cannot simply "turn it off".

None of what's happening is your dog's fault, and it's not *your* fault. You have not caused this, no matter what you may have heard or read.

Giving your dog affection is not a problem! Go ahead and be as loving as you want, whenever you want.

Your particular circumstances are unique. That means not everyone experiences the same thing.

Advance through the program at your own pace, and especially at your dog's pace. Take your time.

Aim for *measurable* progress, no matter how small it might seem. Progress is progress! It adds up.

Watch and re-watch the lessons as often as you like. In fact, you are encouraged to watch them multiple times.