

## The Three D's: Distance, Distraction & Duration

**Distance** means adding distance between you and your dog as he does the behavior.

**Distraction** means adding distractions while the dog does the behavior.

**Duration** means asking the dog to do the behavior for longer and longer periods of time.

**NOTE:** When working on one of the D's, relax on the other two requirements.

It is often helpful to chart your training progress on any new behavior you are shaping. On the next page is a chart for that purpose. Print out as many copies as behaviors you are working on. Use one line of your chart for each repetition; that way, you will also have a list of how many reps you did in a training session.

Here is a sample:

### **Behavior: Sit-stay**

DATE	DISTANCE	DISTRACTION	DURATION
<i>3/21/10</i>	<i>2 feet from dog</i>	<i>none (he is home in a comfortable environment)</i>	<i>10 seconds</i>

In this example, **Duration** is being worked on. Below is another example where **Distraction** is being worked on.

### **Behavior: Sit-stay**

DATE	DISTANCE	DISTRACTION	DURATION
<i>3/25/10</i>	<i>right next to dog</i>	<i>moving from front to side of dog</i>	<i>3 seconds</i>

