



## Grace's Journey from Fearful to Confident Dog

### First session

When I first met Grace, she was afraid of people, especially men, cars, dumpsters, and life.

Grace was nervous and kept her distance as I entered her yard. She even hid behind the flower pots.

To entice Grace to come to me, I threw treats and never made eye contact.

This session, I never touched Grace. Instead I taught Janelle how to do TTouches with Grace as I demonstrated on Sandy, the stuffed dog.

### Second session

Grace was a little more confident and came close to me. She took a treat. After some play time, I asked her to sit and rewarded her with a treat. Then we went inside.

Grace's gain of confidence in one week was huge. She was letting me touch her. I used TTouch on her ears to calm her and then on her mouth to help her release fear.

She wore a body wrap that acts like swaddling a baby. This calmed her.

She asked for a break and I honored her request. We ended our session.

### Later Session

Our fifth session, Grace was very confident. Like other sessions, we walked the labyrinth to help her focus and gain confidence.

Then Grace let me do more TTouches to her ears. Grace was relaxed and a different dog from when I first met her.

### Two Years Later

After two years, I was thrilled to see Grace's progress. Recently she passed her Canine Good Citizenship test.