

# Be Right Back! Podcast with Julie Naismith

## Episode 034 Transcript – 6 Things You Need to Do If You Feel Like Quitting Training

<https://julienaismith.com/episode-34/>

Welcome to another episode of the fixing separation anxiety podcast. I'm your host, Julie Naismith. Now, if you are in the weeds with separation anxiety training, if you're finding it tough going, if you're feeling like you just can't imagine ever getting through it, then two things.

One, you need to know you're not alone. And two, you need to listen to this episode because I'm here to talk you down from the ledge. I'm here to make sure that you have what you need to not quit training. Because you keeping going is the factor that's going to make all the difference to your dog getting over this. So in this episode, I'm going to share six things that I think you can do that will stop you. If you think, if you ever think whether that's now, whether that's down the line, if you ever think it's time to quit the training, I want you to listen and take note of these six things.

As I said this week, we're talking about how I can help you not give up, how I can help you stay the course, because you are perhaps the biggest factor in getting your dog over separation anxiety. I mean, you're the biggest, differentiating factor. There's not really a lot we can do to change the dog in front of us. Yes, we can use medication, and that absolutely does change a dog's chances of recovery. But outside of medication, you are the biggest differentiator. So if you give up, then your dog has no hope. So my job is not just to focus on your dog, but it's to help you get through this.

The first thing I'm going to talk about six things today, six things that I want you to do when you feel like you are giving up. The first thing I want you to do is I want you to say to yourself, this is normal. Julie said this was going to happen. Julie said I was going to feel like quitting. Say to yourself, this is normal. There isn't a separation anxiety owner out there, I don't think, who hasn't felt like you feel today. Even the ones who you look at and think, oh, I wish we could be that successful. You know, the ones that whose dogs are racing 4 hours or 6 hours or whatever, they have all had the same doubts as you. They've all had the same overwhelm as you. They have all felt like giving up, but they dug deep and they kept going. And I know that you can do you can do that as well. So first thing is you've got to say to yourself, number one, this is normal. Because the thing about separation anxiety training is there's nothing intrinsically rewarding about it, is there?

Nobody gets up in the morning with a smile on their face saying I can't wait to do separation anxiety training today. So not only that, not only is it not rewarding in the moment, it's boring. It can be let's be honest, it can be boring. It's intricate, you've got to set stuff up, you've got to open spreadsheets, you got to do all of that and then you might have an exercise that does well. Your dog does okay but it's still not at 4 hours so it's hard because it's tough. Work takes a long

time and it's not rewarding. So no wonder you want to give up. But number one you've got to say yourself feeling like I want to quit is normal.

Then number two, I want you to number two, I want you to review your training so far. A big reason why a lot of us want to give up is that we think we're not making progress. And of course if our dog is still doing 30 seconds or even 30 minutes it feels like we're not making the progress we want. But I want you to go back and look at where you started. Look at the exercise you did on the very first day. Even if your dog is making slow progress, I'm willing to bet that your dog has made some progress. Not as quick as you want perhaps, but your dog will have made progress. You have to remember how far you've come in order to do that and if you're not doing this already you have to keep good records, get your spreadsheet out, start recording data on every single training exercise that you do.

You can't look back just using your memory so data is going to tell you how far you've come. And even if your data isn't giving you the wonderful rosy picture that you hope, just ask yourself this one question is my dog better or worse than when I started training? And even if your dog's only nudging forwards I reckon you'll be able to answer yes my dog is doing better than when I started. So really important. Look at how far you come. One of the things I get the people who follow along in my paid membership group, my heroes group, one of the things I get them to do is to focus on looking at success in a kind of different way. And so instead of constantly clockwatching, instead of counting the good days and the bad days, ask yourself can I now do something I couldn't do a month ago?

Maybe you can go for a coffee, maybe you can only get a takeout coffee now but maybe in two months time you might actually be going and sitting down and having a coffee. Maybe you can go to lunch. Instead of just thinking about those the magic 4 hours or 6 hours or whatever it is you want think about the fact that on the way as you train, you will get rewarded not with the length of time that you want, ultimately, but you will get rewards along the way. So I will link to this and you can read about the Freedom Steps. Try and reframe it and remind yourself that on the way, these little Freedom Steps will unlock for you.

Number three, you need to know and you need to accept that your friends and family who are doubting what you are doing and not helping you stay the course, some of them might never ever get what you're doing. They might never understand. Even when you are smashing 4 hours, they may still be thinking, oh yes, but if she'd done it differently, she could have done. She could have been leaving a dog a year ago. So just know that you may never get their acceptance. You may never get them jumping up and down and saying, wow, you did so well, you did so amazingly. They may still doubt you. Even when you are smashing the durations that you want, you have to kind of block your ears, fingers in your ears, I always say, and ignore those doubts, ignore the words that maybe make you feel like you're doing the wrong thing.

Instead, lean into the community that does understand you. If you are not already in my Facebook group, the free Facebook group, you have to get over there. You have to lean in and

be with people who understand you. And you have to accept that people in your circle may never understand what you're going through.

They may never understand that what you're doing is the right thing. They may always think you did it wrong, even when you can leave your dog for long periods of time. So jump into the Facebook group. Type into the search bar. In the Facebook group #subthresholdsuccess. Get inspired by other people who have succeeded. Remind yourself that everybody has been where you are. They've had doubts, they've been at short durations, they've wanted to give up. They've all been where you are. So lean in search for hashtag Sub Threshold Success and see that it isn't all doom and gloom. All right, so that's number three.

Number four. And this is kind of linked to those Freedom Steps as well. And this is going to sound weird because all through life we're told to focus on a goal. If you focus on a goal, you're more likely to reach it. Hey, guess what? Over the last ten years, research into behavioral economics, how we actually make the decisions that we make, how we behave, has started to show that focusing on a goal doesn't work. Oh, my goodness. All that stuff we've been told all these years, it isn't actually the case. What's now becoming evident is that instead of focusing on the goal, the big beefy, long term goal, the people who achieve results focus on the process. So let's talk about, say, sports team every single football team, every single basketball team, they all have the same goal. They want to win their league, they want to win their cup, they want to win the trophy. Every single one of them has the same goal. But what sets apart the winners from the losers is they focus on the process that will get them there.

So if it's football or if it's basketball, the process will be good training. It will be nutrition, it will be fitness. They focus on the process that will get them to the goal. For you, you need to focus on day to day training because actually what can happen is when you focus on the four or 5 hours, you just get despondent in the moment. Instead, if you focus on today and tomorrow and the day after, you focus on following a really solid training plan. You focus on not leaving your dog for longer than he can cope with. You focus on keeping your dog under threshold. You focus on a process that works. That's what's going to set you apart from people who try this and fail. I know it sounds weird, but stop focusing on the goal, all right? Focus on the process. And obviously, if you want to know more about the process, you can grab my book on Amazon. It's packed with all the steps that you need to take.

All right, two more things. Number five, focus on one thing. Focus on the one thing that's going to make a difference. This kind of comes from that world I was talking about before of behavioral economics and research and all the stuff we know now about how people succeed. And we know that if we try and do too many things, we fail at everything. And that's so true when it comes to dog training. Now, there are many, many things that might help your dog. Separation anxiety. And I say might, it might help if we exercise them a bit more. It might help if we play with them a bit more, give them more enrichment. But if I give you a list of 30 things to do, you are going to feel so overwhelmed that more likely than not, you won't do any of them. And what we know about separation anxiety is the one thing. When it comes to separation anxiety, the one thing that makes most difference to you being able to leave your dog is you practicing

leaving your dog. That's what I emphasize. I want you to focus on that one thing. Practice leaving your dog. Gradual departures, nice and easy, keeping your dog under threshold. If you've got time for all the other stuff, do it. But don't do it at the expense of the one thing that makes most difference. Okay?

Last thing, and this is really important, number six, this is what I want you to do today. If you are feeling stuck, if you're feeling like you're about to quit, just take one next step. Just say, I'm going to do one training session tomorrow. Or I'm going to do half a training session tomorrow. Make it small. Make it achievable. Make it so easy. Make the goal. I said goal, but make the training duration so easy that your dog is going to ace it. You're going to feel motivated, and you'll slowly, slowly get back in the game. And then the day after, try again. Make it easy. Make it so easy your dog's going to ace it. You're going to feel good. Just take one easy step, so easy that it actually would be harder not to do it than to do it. Okay? Does that sound reasonable? Does that sound like you can do it?

I know you can. So please, please don't give up. I know it's hard. I know it's difficult. I've been through it myself. But it is going to be worth it. So next time you feel like it's just all too much, head over to my free Facebook group. Lean into the group there, or join me live on my Facebook page for a Facebook Live. You have so got this.

All right, thank you so much for listening. I do appreciate you tuning in. I know you've got a ton of options when it comes to podcasts, so it's very much appreciated. Now, if you do like this podcast, I'd love it if you'd hop over to wherever you listen to podcasts and leave me a review. All right, that's it from me for this week. I'll see you on another podcast soon. Bye for now.