



THE 3/3/3 RULE FOR DECOMPRESSION

WHAT IS IT?

WHEN DOES IT START?



DECOMPRESSION DOESN'T HAPPEN OVERNIGHT

The **3/3/3** rule is a general guideline on how long it takes a dog to adjust to the new home after they have been adopted. Every dog is different. Some dogs may take longer than others to get comfortable. Please be patient with your new dog and give them the time they need to adjust to their new environment.

3-D



During the First 3 Days

- Dogs feel stressed and overwhelmed due to major life changes and not understanding the new daily routine.
- They may be shutdown emotionally and may not act like themselves
- They may not eat or drink.
- Some dogs may want space
- Some dogs will push boundaries

3-W



After 3 Weeks

- Dogs start to feel more comfortable in home
- The dog starts to learn the daily routine
- Starts to build trust with humans in the home
- The dog's true personality starts to come out
- New behavior problems can start to show as the dog gets more comfortable

3-M



After 3 Months

- Most dogs by this time feel completely comfortable in the home.
- They know and feel comfortable with the daily routine
- Have built trust and have bonded with the people in the home
- Dog begins to think it is in their permanent home



Made By: **Ready Set...Train!**
For more training resources go to
www.ReadySetTrainDogs.com

