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**Breaking Bad Habits:**

Misbehavior can become habitual. It takes humans a full 30 days to break a bad habit, and sometimes it's not broken for good. It takes dogs at least 4 months to break their bad habits but it is important to replace the bad habit with a behavior you approve of. In my opinion, if a dog does something once that may be a coincidence, if a dog does something two times he is forming a habit.

If your dog has a bad habit that you need to break you must re-create the behavior during training so you correct him and teach him a new behavior. Too many people do not re-enact the behavior so when the bad habit occurs, they are not in a position to correct. For example, you can't correct your dog for jumping when you are having a dinner party, you must re-enact the situation when you are not entertaining. Avoid the problem (i.e. crate your dog) till your dog has conquered his jumping habit in training (i.e. you no longer have to correct) before you introduce it while you are entertaining. You know when your dog is going to act up, reading his mind his is like reading a short story, be on top of the situation. Training should not be only sit, down, come and heel but training and retraining his bad habits.

How to break bad habits? Follow these important steps:

- (1) Making it difficult to complete. Example: Crate your dog when you are entertaining.
- (2) Make sure your dog knows there are going to be consequences. Example: Address the problem during a training session by recreating the situation and correcting him for jumping.
- (3) Teach your dog a new behavior to replace the bad habit. For example, teach him to sit when someone comes to the door.