

Daily Doga Inspirations for you and your dog

Intervention for Dog Junkies (like me)!

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While writing the sequel to Train Your Dog, Change Your Life, which will have a different title and a fresh new perspective, I was reflecting on all of the dogs who have shared my life. How lucky am I?

You could say I am a recovering dog junkie. I know many. Recovery is an uphill climb that I doubt will ever be super easy. The difference is awareness, wisdom and quality of well-being, MINE and THEIRS.

Dogs change our lives. We love stronger and grieve harder. What helps me, aside from aging, which I seem to be doing with a lot of energy, is awareness. The current pack of 3-dogs, 1-cat and 2-very chatty parrots are teaching me the bliss of a peaceful pack, most of the time. Isn't life like this anyway?

With the addition of Counselor Cali-Rose, a greyhound adopted from a prison program 5 months ago, our pack has gleefully integrated into a comfortable living arrangement without any scary interactions. We are calmer, wiser as pack leaders. The dogs know it. Is there a guarantee that we won't have a squabble? No! That's part of living with dogs. If we aren't making mistakes, we aren't learning. With awareness, we make fewer mistakes.

We give them an opportunity to interact, work things out and intervene calmly, while being present as supervisors. We get past the challenges to the proactive solutions more quickly because of experience. It takes practice. Being a fan of lazy, easy training, I don't want to work harder than I have too!

Connect your heart to your mind if you are considering adding pets to your current family pack. Stuff happens unexpectedly and you need **PEP** (psychologically, emotionally and physically prepared)! Be mindful that you need to consider at least a few more things:

1. Are you financially and environmentally prepared?
2. Did you ask (assess) the current pets? They may not agree.
3. Do you have children (how old)?
4. Are you making up stories, "this poor dog in Malaysia will die if I don't adopt him?"

With great applause I am gleeful when new puppy parents ask questions about children with dogs or adding pets to their family life. This can be one of the most precious relationships, where two species learn how to respect one another. Children under 12 years cannot be expected to understand how to interact safely with puppies or newer, adopted dogs. To learn more, consider reading [Children and Dogs, Paws Up!](#)

The dogs are outside, in the back. When out of sight, I wonder what is going on. I call and ring the bell. They gleefully run, ears flapping, trying to get to "me" first. They greet me like I am the most special person in the world. I let out 3-minutes ago! Enjoy the Journey.