

POSITIVE TRAINING · REACTIVE & AGGRESSIVE DOGS

BOOK 3



THE RIGHT DISTANCE

*Understanding, calming and retraining a reactive
or aggressive dog.*

THE COMPLETE MASTERCLASS

100+ DRAWINGS · 21 SHEETS · A 12-WEEK PLAN

THE ASH, THE ZEN DOG COLLECTION

THE RIGHT DISTANCE

*Understanding, calming and retraining a reactive
or aggressive dog. The complete masterclass.*

THE ASH, THE ZEN DOG COLLECTION · BOOK 3
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02

WHY YOUR DOG EXPLODES

“He’s not listening? He can’t. It’s very different.”



BY THE END OF THIS CHAPTER

Understand what happens in your dog’s body and head when he explodes: the alarm, the distance at which he tips over (the threshold), the stress “bucket” that overflows, and how long he needs to calm down again.

READING TIME · 28 MIN

At home he knows “sit,” “stay,” “paw,” “come.” In the park, at the end of the road, facing another dog, he knows nothing at all. You talk to him, you repeat yourself, you raise your voice, you wave the treat: he doesn’t see you. You tell yourself he’s stubborn, that he’s testing you, that he is choosing not to listen.

He hasn’t chosen anything. To see why, you have to look at what goes on inside him in the two seconds after the trigger arrives.

THE ESSENTIALS IN 30 SECONDS

- Above his **threshold**, he can’t listen: it isn’t disobedience, it’s biology.
- Every explosion **reinforces the next**: he barks, the other dog leaves, it “works”.
- The **stress bucket** explains the “bad days”: empty the bucket before you train.

An alarm system faster than thought

In mammals, dogs included, the brain has a threat-detection circuit that works **before** the thinking part has had time to judge. As soon as a stimulus suggests danger, or intense frustration, this circuit sets off a cascade:

- a rush of **adrenaline** (within seconds): the heart speeds up, so does breathing, the muscles load, the pupils widen, digestion pauses;
- then a rise in **cortisol**, slower, which keeps the body on alert for a while.

This is an **involuntary** response, shaped by millions of years of evolution to keep animals alive. At that moment the dog isn’t *assessing* the situation: he is *reacting* to it. And meanwhile the most