



# The 3 D's

Building behavior through difficulty

## Duration - Distraction - Distance

When we build behavior, no matter if it is go to bed, down or a recall, we want the dog to be successful and therefore need to build it gradually.

The difficulty can be categorized into the 3 D's:

- **DURATION:** the **length of time** the dog is holding the behavior.
- **DISTANCE:** the **distance between** you and your dog.
- **DISTRACTION:** **who & what else** is present in the environment; doing what.

To be successful you need to work on each D separately during your training. This ensures, that you progress at a pace that your dog is able to handle. You will notice that some steps are easier for our dog than others, sometimes you progress faster than at other times. Be aware that your dog's ability can fluctuate from day to day and what is a Level 2 Distraction on one day, might be a Level 3 on another.

If something simply isn't working, re-evaluate the situation and all components and change the circumstances that can, in order to help your dog to be successful. Sometimes we need to go a step backwards in order to move forward again.

For every new behavior you want to teach, work through the 3D's as they might be different.

The 3 D's can also change, the more behaviors your dogs knows and has learned.

### General EXAMPLE of Level 1-3 (4+) of the 3 D's

Mastering Level 3 distractions is great! But you can always strive for more challenges.

Type of D	Level 1	Level 2	Level 3	Level 4+
<b>DURATION</b>	1-30 seconds	30 sec - 2 min	2-5 min	5+ minutes
<b>DISTRACTION</b>	1-3 feet	3-8 feet	8-12 feet	12 feet +
<b>DISTANCE</b>	at home with normal level of household noises	on a long leash in the back yard with normal activity	on long leash in local park with normal activity	on long leash near busy dog park - busy activities and plays

**Let's define your dog's 3D first 3 levels!**

# DURATION

## Building behavior through difficulty DURATION - Distance - Distraction

Let's think about **DURATION**

Depending on the behavior you want, the duration will vary.

Lets think of two behaviors that your dogs knows well. How long can your dog hold each of those? This will be your Level 1 Duration. Just like in distance, this D can vary greatly depending on the behavior.

Level 2 & 3 should now be only increased in duration. Write your estimated goal in each row. *(I added some examples to make it easier for you.)*

	<b>Behavior 1:</b> <hr/> <i>(e.g. sit)</i>	<b>Behavior 2:</b> <hr/> <i>(e.g. hand touch)</i>
<b>Level 1 DURATION</b>	I think my dog can hold behavior 1 for _____ sec/min of a duration. <i>(e.g. 1-10sec)</i>	I think my dog can hold behavior 1 for _____ sec/min of a duration. <i>(e.g. 1-10sec)</i>
<b>Level 2 DURATION</b>	Level 2 duration is to teach my dog to hold behavior 1 for _____ sec/min. <i>(e.g. 30sec - 2 min)</i>	Level 2 duration is to teach my dog to hold behavior 1 for _____ sec/min. <i>(e.g. 30sec - 2 min)</i>
<b>Level 3 DURATION</b>	Level 3 duration is to teach my dog to hold behavior 1 for _____ sec/min. <i>(e.g. 2+ min)</i>	Level 3 duration is to teach my dog to hold behavior 1 for _____ sec/min. <i>(e.g. 2+ min)</i>

**If you are working first on DURATION, you want to build it up to Level 3.**

**Make sure that you are keeping DISTRACTION & DISTANCE as close to Level 1 as possible!**

**For example:** If you want to teach your dog to sit for 2+min, you choose an easy and quiet environment like your living room and stay as close as possible to your dog until it mastered the 2+ minutes.



# DISTANCE

Building behavior through difficulty

**Duration - DISTANCE - Distraction**

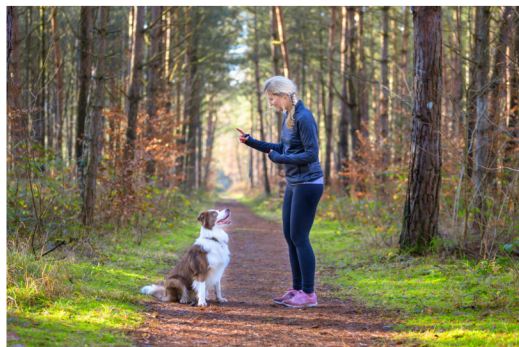
Let's think about **DISTANCE**.

When you ask your dog to perform a behavior, how far away can you be for it to be still successful? Just like in duration, this D can vary greatly depending on the behavior. Think about and write down the estimated distance for each level. *(I added some examples to help you.)*

<b>Level 1 DISTANCE</b> <i>(e.g. 1-3 feet)</i>	I think my dog can perform _____ (behavior) with me being _____ (distance) away.
<b>Level 2 DISTANCE</b> <i>(e.g. 3-8 feet)</i>	Level 2 is to teach my dog _____ (behavior) with me being _____ (distance) away.
<b>Level 3 DISTANCE</b> <i>(e.g. 8+ feet)</i>	Level 3 is to teach my dog _____ (behavior) with me being _____ (distance) away.

**If you are working first on DISTANCE, you want to build it up to Level 3.  
Make sure that you are keeping Duration & Distraction as close to Level 1 as possible!**

**For example:** If you are working on building up a level 3 distance sit, you will start it in a low distraction environment like your living room (Level 1), and when they sit, you fast walk back to your dog and release them within 1-3 seconds (Level 1 duration).



# DISTRACTION

Building behavior through difficulty  
**Duration - Distance - DISTRACTION**

Let's think about **DISTRACTION**.

What distracts your dog? Some dogs are distracted by children, while others have no problems working/ listening while they are around.

Write below the distractions that your dog find difficult. *(I added some examples to help you with the different level definitions.)*

<p><b>Level 1</b>  <b>DISTRACTIONS</b>  <i>(e.g. cooking food, children playing in the home, neighbors dogs)</i></p>	
<p><b>Level 2</b>  <b>DISTRACTIONS</b>  <i>(e.g. playground with children near, dogs walking by)</i></p>	
<p><b>Level 3</b>  <b>DISTRACTIONS</b>  <i>(e.g. dogs running off leash in the park or chasing balls, rabbits/birds around)</i></p>	

**If you are working first on DISTRACTION, you want to build it up to Level 3. Make sure that you are keeping DURATION & DISTANCE as close to Level 1 as possible!**

**For example:** If you are working on building up a level 3 distraction recall, you will first work on a short leash (max. 6 feet) with a very low (few seconds) focus duration when being with you (Level 1 distance & duration).





# PERSONAL DIFFICULTY

Building behavior through difficulty

## DURATION - DISTANCE - DISTRACTION

Now let's combine your dog's 3D's.

Write below the behavior you want to train each level of D.

Behavior			
Type of D	Level 1	Level 2	Level 3
DURATION			
DISTANCE			
DISTRACTION			

### CHALLENGE TIME!

Let's raise the difficulty even more by combining the 3Ds with different levels and make it harder and harder.

For the first challenge **one D (your choice) will be at Level 1** and the **others at Level 2** - then you progress down the list.

Don't worry if you get stuck, this is normal as training can plateau and is part of the learning process, just go back a Level to strengthen it.

Behavior	
Level 1 + Level 2 + Level 2	e.g. 1-5 seconds (Level 1), in backyard (Level 2), 3-8 feet (Level2)
Level 1 + Level 2 + Level 3	
Level 1 + Level 3 + Level 3	
Level 2 + Level 2 + Level 2	
Level 2 + Level 3 + Level 3	
Level 3 + Level 3 + Level 3	

### Mix & Match & Have Fun!