

A PRACTICAL GUIDE + WORKBOOK

Bea's Calm-Alone Guide



Understand the moments around leaving.
Keep track of the small steps.
Make room for your dog's individual needs.

An owner-created educational companion.
No fixed timetable. No promised cure.

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13 / HOW TO COMPLETE A RECORD

An example, not a target

The following record is fictional and illustrates how to write observations. It is not Bea's history, a testimonial or a recommended exercise sequence.

A clearly recorded session

Context: Tuesday, quiet afternoon; caregiver at home.

Planned action: stand near the hallway door while remaining visible.

Actual absence: none.

Observed: dog lifted head briefly, then returned to resting posture.

Recording key: comfortable, based on usual resting behaviour.

Next note: review with the existing plan; do not infer readiness for a closed door.

A clearly recorded uncertainty

Context: another day; dog moved out of camera view.

Observed: could not see posture or movement.

Recording key: uncertain.

Action taken: returned and ended the activity.

Next note: adjust camera before any further exercise.

Why this is useful

Both records distinguish what happened from what is unknown. Neither uses a vague "passed" label or treats silence as enough evidence. The next step remains a decision, not an automatic longer duration.

Use the same standard for your own notes: short, observable and honest. The blank workbook contains more room for writing than this example.