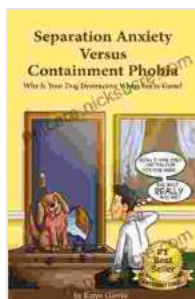


# Why Is Your Dog Destructive When You're Gone: Uncover the Underlying Causes and Solutions

Dogs are loyal and loving companions, but their destructive behavior can be a frustrating problem for owners. When your dog destroys furniture, shoes, or other belongings while you're gone, it can leave you feeling exasperated and at a loss for solutions. However, understanding the underlying causes of destructive behavior is the first step towards finding effective solutions. In this article, we will explore the various reasons why dogs may engage in destructive behavior when left alone and provide practical tips to help you address this issue.

One of the most common reasons why dogs become destructive when left alone is boredom. Dogs are social creatures that need physical and mental stimulation to stay happy and healthy. When they are left alone for extended periods without adequate enrichment, they may resort to destructive behavior to alleviate their boredom.

## Solution:



## Separation Anxiety Versus Containment Phobia: Why Is Your Dog Destructive When You're Gone? by Karyn Garvin

★★★★☆ 4.5 out of 5

Language : English  
File size : 2851 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 154 pages



- Provide your dog with plenty of toys and interactive puzzles to keep them occupied while you're away.
- Consider hiring a dog walker or enrolling your dog in doggy daycare to provide them with socialization and exercise.
- Teach your dog calm and relaxing activities, such as chewing on appropriate chew toys or listening to calming music.

Separation anxiety is a condition where dogs experience excessive anxiety and stress when they are separated from their owners. This can lead to a range of destructive behaviors, including chewing, digging, and barking. Dogs with separation anxiety may also exhibit other symptoms, such as pacing, whining, or urinating and defecating in inappropriate places.

### **Solution:**

- Gradually increase the amount of time your dog is left alone to help them adjust to being apart from you.
- Provide your dog with a safe and comfortable space where they can retreat when they feel anxious.
- Use calming aids, such as pheromone diffusers, anxiety vests, or Thundershirts, to reduce their stress levels.
- Consider consulting with a professional dog trainer or veterinarian for additional support.

Some dogs lack the ability to self-soothe and calm themselves down. This can lead to destructive behavior when they are left alone because they don't know how to cope with their emotions or boredom.

**Solution:**

- Teach your dog relaxation techniques, such as the "settle" command or cooperative care training.
- Provide your dog with a calming routine before you leave, such as a gentle massage, brushing their fur, or playing calming music.
- Create a safe and quiet space where your dog can retreat to and feel secure when you're gone.

Dogs that don't get enough physical exercise may become destructive as a way to release their pent-up energy. Exercising your dog regularly helps to tire them out and reduce their boredom, which can minimize destructive behavior.

**Solution:**

- Make sure your dog gets plenty of exercise every day, even if you have to hire a dog walker or take them to a doggy park.
- Engage your dog in active play sessions, such as fetch, tug-of-war, or agility training.
- Consider activities like swimming or hiking to provide your dog with additional physical and mental stimulation.

In some cases, destructive behavior in dogs may be caused by underlying medical issues. Pain, discomfort, or cognitive decline can all lead to increased anxiety and destructive tendencies.

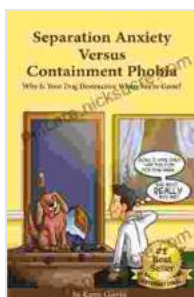
### **Solution:**

- If you notice any changes in your dog's behavior, appetite, or physical condition, consult with your veterinarian promptly to rule out any underlying medical problems.
- Provide your dog with appropriate pain medication or supplements if necessary.
- Consider cognitive support supplements or activities to help manage cognitive decline in older dogs.

In addition to the main causes mentioned above, there are a number of other factors that may contribute to destructive behavior in dogs when they are left alone. These include:

- **Genetics:** Some breeds are more prone to destructive behavior than others. For example, terriers are known for their high energy levels and may be more likely to engage in destructive chewing if they are not provided with adequate stimulation.
- **Personality:** Some dogs are simply more anxious or reactive than others. These dogs may be more susceptible to destructive behavior when left alone.
- **Environmental stressors:** Changes in the environment, such as moving to a new home or the addition of a new pet, can trigger anxiety and destructive behavior in some dogs.

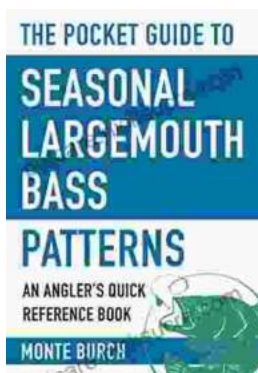
Destructive behavior in dogs when left alone can be a frustrating problem, but it is important to remember that it is usually caused by underlying factors that can be addressed. By understanding the reasons why your dog may be engaging in destructive behavior and implementing the appropriate solutions, you can help your furry friend overcome this issue and live a happy and healthy life. Remember to be patient and consistent in your approach, and don't hesitate to seek professional help if necessary.



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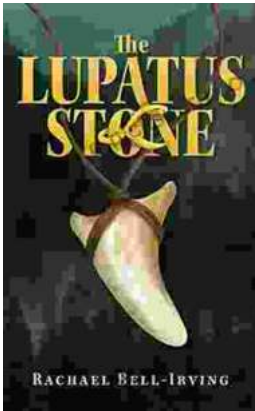
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