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## Canine Ladder of Panic

The escalation from fear and avoidance behaviors to escape and self-injury behaviors

Dogs will show signs of panic when they cannot escape or aggress against the threat. The adrenaline effect on the body during panic can cause serious damage to the heart, intestinal track, and body therefore, it is important to provide medication to decrease panic attacks, especially when the signs of shaking, trembling, and pacing begin.

Escape despite pain -

bloody nails, broken teeth, jumping out of windows

Pacing from room to room

Jumping on and off furniture

Digging repeatedly— threshold, window

Shaking, trembling, or pacing

Head down, tail tucked under, curled up

Head lowered, ears down, tail down

Walking away, laying against wall/ furniture

Turning around, pulling the body in

Turning away, sitting down

Yawning, blinking, licking

The speed of escalation is often like the canine ladder of aggression - .2 seconds between each step.

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