# Dog Anxiety Trigger Log

**Bring this to your vet**

**Dog's name:** _____ **Known triggers so far:** _____ **Start date:** _____ **Vet and phone:** _____

**Each time your dog seems anxious,** write what happened just before, how close it was, what your dog did and what helped. Signs to look for: **lip licking, panting, ears back** early on; **shaking, pacing, hiding, drooling or trying to escape** when it's too much. After a week or two, look for patterns in the times, places, sounds and people.

| Date and time | What happened just before (the trigger) | How close was it? | Your dog's signs | What helped | Time until calm |
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Call your vet if the anxiety is new, sudden or getting worse, or if your dog growls, snaps or bites, hurts themselves, or stops eating. This log is a record for you and your vet, not advice.