## Controllable Distractions for Clarity & Confidence Episode 148

Doorbell ringing

Ball being rolled on the floor

Dogs in crates near by

A thrown toy like a flying disc in mid-air

Toys all over the floor

Food in containers on a chair

Food in containers on the floor

Food scattered all over the floor

Another family pet out playing

You standing still, not moving at all

You sitting on the floor

You jogging on the spot

Susan Garrett's

You jogging on the floor
You jogging on the spot
You doing star jumps
Running away from your dog
You turning in a circle
You doing a head stand
Getting dog dishes out to feed
Putting food in the dog bowl
Empty dinner bowl on the floor
Full dinner bowl on the floor
Putting the dog bowl on the floor
Something between you and your dog
Moving your dog's bed
Dog bone or stuffed Topple on the floor
Opening a cookie jar

Picking up the leash Walking away with the leash Putting on your "dog walking shoes" Putting your hand in your pocket Putting your hand in a bait pouch Picking up car keys Opening the fridge door Opening a treat bag Putting dishes in the dish washer Getting up from a certain chair Unzipping the toy bag Picking up favourite toy Swinging a favourite toy around Opening and closing the garbage can Opening and closing windows Opening and closing internal doors Opening of the front door Different locations in your home Moving the furniture around A remote-control driven car driving by Another person in the room eating something Another person in the room laughing Another person in the room moving quickly

Another person feeding another family pet

