

Does your dog suffer from noise aversion?

Use this checklist to identify triggers and behaviors.

Noise Triggers

Which of these trigger your dog's behavioral changes?

- | | |
|---------------------------------------|--|
| ☐ Fireworks | ☐ Construction Work |
| ☐ Thunder | ☐ Traffic or street noise |
| ☐ Celebrations | ☐ Other |

Behaviors

Which behaviors happen during noise events?

- | | | |
|---|--|--|
| ☐ Pacing | ☐ Excessive vigilance or hypervigilance | ☐ Owner seeking behavior or abnormal clinginess |
| ☐ Lip licking | ☐ Cowering | ☐ Refuses to eat |
| ☐ Trembling or shaking | ☐ Hiding | ☐ Yawning |
| ☐ Panting | ☐ Brow furrowed or ears back | ☐ Vocalization (whining or barking at the sounds) |
| | ☐ Freezing or immobility | |

More Information

How often does your dog react to noise triggers?

- ☐ Once or twice a year ☐ Once or twice a month ☐ Weekly ☐ Daily

Describe the intensity of your dog's reaction to noise triggers:

- ☐ **Mild** - Has a minor impact on our dog's quality of life
- ☐ **Moderate** - Has a modest impact on our dog's quality of life
- ☐ **Severe** - Has a significant impact on our dog's quality of life

How long does it take for your dog to recover from a reaction to noise triggers?

- ☐ **Immediately** after the noise trigger stops
- ☐ **Within an hour** after the noise trigger stops
- ☐ **Several hours** after the noise trigger stops
- ☐ **A day or more** after the noise trigger stops

