JORDAN DOG TRAINING

TRAINING GUIDE

Updated 1 November 2026

Lead frustration and reactivity

A practical starting point for calmer walks

Barking and lunging can reflect fear, frustration, excitement or feeling overwhelmed. Similar reactions can have different causes. Start with safety, suitable space and an individual plan. The goal is a dog who feels more comfortable, not simply a quieter dog.

1. Make space early

Choose quieter routes with room to turn away. If another dog or a difficult situation appears, change direction or move behind a suitable visual barrier when safe. Do not force a close greeting or require a sit before allowing your dog to move away.

2. Keep handling predictable

Hold the lead securely and encourage your dog to move with you. Avoid lead jerks, shouting or confrontations. Reward useful choices, such as turning towards you and moving away. Practise those skills in an easy setting first.

3. Work at a manageable level

Begin far enough away for your dog to remain comfortable. There is no fixed distance for every dog. If they become concerned, increase space, shorten the session or make the situation easier. Accepting food alone does not prove comfort.

4. Build a gradual training plan

With appropriate guidance, introduce triggers at a comfortable intensity and pair them with something your dog enjoys. Do not lure your dog closer to something frightening or repeatedly expose them at close range to make them get used to it.

5. Look beyond the walk

Check equipment fit and security. Provide suitable exercise, sniffing, enrichment and rest. Trying to exhaust your dog is not a treatment for fear. Keep a brief record of the setting, distance, reaction and recovery to help identify patterns.

Support both ends of the lead

Feeling worried does not establish that you caused the problem. A clear route and exit plan can help you feel prepared. Agree on simple cues and rewards with everyone who walks your dog. Progress may be gradual and uneven.

When to get individual help

Contact your vet for a sudden behaviour change, suspected pain or worsening distress. Snapping, biting or difficulty safely managing a walk needs an individual safety and behaviour plan. Keep children and other dogs clear of an intensely aroused dog.

Read the full **lead-frustration guide**, or ask about **individual behaviour consultations**. Puppies, adult dogs and older dogs need plans suited to their health, experience and comfort.

Further reading: Dogs Trust: reactive dogs; RSPCA: aggression guidance; VCA: gradual training.