

FREE BONUS GUIDE

Behavior Reset Guide

Calm the barking, guarding and lead lunging.

Bonus guide for The Complete Dachshund Guide

Before We Begin

Your Dachshund is a bundle of personality. They're brave, loyal and funny. But some days, that personality comes out as non-stop barking, growling when you go near the sofa, lunging at dogs on walks, or deciding that the postman is public enemy number one.

These are some of the most common Dachshund behaviour problems, and they all have the same roots: a brave little hunter who's alert, protective and a bit worried about the big world.

This reset gives you a step-by-step plan to calm things down. It takes patience, usually 4–8 weeks, but every small step counts.

> **Safety first:** if your Dachshund has bitten, or you're worried they might, please work with a qualified behaviourist. Sudden grumpiness can also be a sign of pain, so a vet check is a good idea.



Before We Begin





Understanding Your Doxie

The alert system

Dachshunds were bred to bark loudly underground so hunters could find them. Their bark is deep, loud and quick to start.

The protector

Many Doxies bond strongly with one person and see it as their job to protect them, their home and their things.

The small dog problem

The world is full of things much bigger than a Dachshund. Some Doxies feel the best defence is a good offence: bark first, ask questions later.

The stress cup

Every scary or exciting thing fills your Doxie's "stress cup": the doorbell, a dog barking outside, a visitor, a loud lorry. When the cup overflows, they react, even to small things.



Understanding Your Doxie

The Behaviour Assessment

Tick what your Doxie does:

- ☐ Barks at noises in the house
- ☐ Barks at the window
- ☐ Barks at visitors
- ☐ Growls when moved off the sofa or bed
- ☐ Guards food, toys or chews
- ☐ Guards a person
- ☐ Barks or lunges at dogs on walks
- ☐ Barks or lunges at people on walks
- ☐ Snaps when handled

Start with the area that causes the most problems in your home.



Lower the Stress Cup

Before training, reduce your Doxie's overall stress.

- **More rest:** 16–18 hours a day in a quiet, cosy burrow.
- **Block the views:** window film, blinds, no window lookouts.
- **Background sound:** quiet music to soften outside noise.
- **Sniffing:** daily sniff walks and snuffle mats.
- **Predictable routines:** the same daily rhythm.
- **Quiet days** after busy or stressful days.

Many owners see a big difference from these changes alone.



The Barking Reset

Step 1: Teach "Thank You"

In a quiet room, say "thank you" and toss a treat behind you. Repeat 10 times a session, twice a day, for three days.

Step 2: Small Triggers

Ask someone to knock very quietly. Before your Doxie barks more than once, say "thank you" and toss treats behind you.

Step 3: Real Life

When your Doxie barks at something, walk over, look, say "thank you," and toss treats behind you. Then ask them to go to their bed.

Step 4: Doorbell Means Bed

Play a recorded doorbell quietly and toss treats into your Doxie's bed. Slowly increase the volume over several days.

Step 5: Reward Quiet

Catch your Doxie being quiet when they could have barked, and reward it.



The Barking Reset

Demand barking

If your Doxie barks at you for attention or food, wait for silence before giving them what they want. It may get worse before it gets better.



The Guarding Reset

Never grab

Grabbing things from a guarding dog teaches them that you *do* steal their things, making guarding worse, and puts you at risk of being bitten.

Step 1: Manage

- Feed in a quiet place where your Doxie won't be disturbed.
- Give chews only in their bed or crate.
- Remove sofa and bed access for now.
- Keep children away from your dog while they eat or chew.

Step 2: Approach & Add

While your Doxie eats, walk past at a distance they're comfortable with and toss a tasty extra towards the bowl. Walk away. Over weeks, get a little closer.

Step 3: The Trade

Practise swapping low-value items for treats. Give the item back afterwards. Slowly work up to more valuable items.



The Guarding Reset

Step 4: Off the Sofa

Instead of lifting your Doxie off the sofa, toss a treat onto the floor and say "off." Reward when they jump down onto a ramp or are lifted safely after coming to the edge.

Guarding a person

If your Doxie growls when someone approaches you on the sofa:

- Have your Doxie sit on a bed on the floor next to you, not on the sofa.
- When the other person approaches, they toss a treat to your Doxie.
- Over time, your dog learns that people approaching means good things.



The Walk Reset

Step 1: Find the Distance

Find the distance at which your Doxie can see another dog and still take a treat.

Step 2: Look at That

Each time your Doxie looks at another dog calmly, say "yes" and reward.

Step 3: Find It

If a dog appears too close, say "find it!" and scatter treats on the ground. Then move away.

Step 4: The U-Turn

Say "this way!" and turn around. Practise at home until it's smooth.

Step 5: Close the Gap Slowly

Over weeks, move a little closer, always staying where your Doxie can stay calm.



The Walk Reset

Don't let others swoop

People often want to pick up or stroke a Dachshund. It's fine to say no. Your dog's comfort comes first.

Big dogs

Avoid off-lead areas with lots of big dogs. Choose quiet routes and times.



The Visitor Plan

Many Doxies find visitors overwhelming: strangers in their home, near their people and their things.

Step 1: Before They Arrive

Give your Doxie a sniff walk and a brain game. Set up their bed behind a baby gate or in a quiet room, with a long-lasting chew.

Step 2: Share the Rules

Ask visitors to ignore your dog, not to reach for or pick them up, and to toss treats onto the floor if asked.

Step 3: Let Visitors Settle

Keep your Doxie behind the gate until guests are seated and the excitement has died down.

Step 4: Calm Introduction

Bring your Doxie in on a harness and lead. Let them sniff the guest if they choose, then call them away and reward.

Step 5: Safe Space Before Goodbyes

Put your Doxie back behind the gate before guests stand up or leave. Movement is a common trigger.

Children visiting

Children often want to cuddle and pick up Dachshunds. Keep your Doxie behind a gate when children visit, and only allow calm, supervised interactions, with the children sitting on the floor and tossing treats.



Setbacks & Your 6-Week Plan

Setbacks

Big reactions will still happen sometimes. When they do, give your Doxie a few quiet days, then go back to an easier level.

Your 6-Week Plan

- **Week 1:** lower the stress cup. Block views. Teach "thank you."
- **Week 2:** start Approach & Add and the Trade. Remove sofa access.
- **Week 3:** Doorbell Means Bed. Find your dog's comfortable distance on walks.
- **Week 4:** Look at That on walks. Practise the U-turn.
- **Week 5:** real-life barking practice. Keep up guarding work.
- **Week 6:** review your notes. Keep going at your dog's pace.



10 Popular Questions Answered

1. Why does my Doxie bark at everything? It's part of their hunting history. Lower stress and use "thank you."

2. Should I tell my dog off for barking? No. It often sounds like barking back.

3. My Doxie growls when I move them. Don't lift them. Use a treat to move them, and see your vet if it's new.

4. Why does my dog guard me? Many Doxies bond strongly with one person. Use the person-guarding steps.

5. Is my Doxie aggressive? Most are worried or protective. But if there's biting, get professional help.



10 Popular Questions Answered

6. Will neutering help? Sometimes, but not always. Talk to your vet.

7. Should I use a bark collar? No. It can increase fear and aggression.

8. My dog barks at dogs on TV. Turn down the volume and reward calm.

9. How long will this take? Usually 4–8 weeks to see real progress.

10. When should I get help? If there's biting, or you're not seeing progress.



CHECKLIST

Your Reset Checklist

- ☐ Stress cup lowered.
- ☐ Window views blocked.
- ☐ "Thank you" taught.
- ☐ Approach & Add at meals.
- ☐ Trade practised daily.
- ☐ Sofa access removed for now.
- ☐ Look at That on walks.



A Final Word



Your Dachshund's big personality is part of why you love them. This reset doesn't change who they are. It simply helps them feel safe enough to relax.

Keep going, one small step at a time.

