

# TRAINING THE PUPPY TO SIT

\*Permission to reproduce with the agreement that you cite the source, Patti Ashley, Ph.D.

Sometimes judgment, guilt, shame, fear, or any other negative thought can feel unstoppable, much like a puppy who is not yet trained.

Puppies like to jump-up on people and frantically run around. In order to domesticate a puppy, the owner must train it to sit and stay. The only way the puppy will learn to control impulses is with constant reminders and cues. Praise for good behavior is also a necessary step in calming the puppy down.

You can quiet your mind by telling the negative thoughts (*your puppy*) to **SIT**.

In the box on the left write down a “not-enough” message you might be telling yourself. Now, tell that message to **SIT**. Exhale, and then search for a kinder self-acceptance message. Write that in the box on the right.

**Finally, be sure to encourage yourself for finding a self-acceptance message.**

**“NOT ENOUGH” MESSAGE:**  
(example- “I can’t seem to get it right”)

**SELF-ACCEPTANCE MESSAGE:**  
(example- “I’m doing the best I can”)

**Good job!!! High five!!! Hugs!!! Smiles!!!**

