HEARTS Can Help You *Decide*

Considering the questions below can help you make wise choices for your individual dog.

I want to decide about:

.....

Alternatives to this choice could be:

.....

Heal the body

Does this equipment or activity protect and heal my dog's body and nervous system from harm and injury?

◯ Yes ◯ No ◯ Maybe **Explain:**

Enrich the brain

Does this equipment or activity allow my dog to move freely, engage their senses, and use their mind?

◯ Yes ◯ No ◯ Maybe **Explain:**

Align the environment

Does this equipment or activity create an environment where my dog feels safe?

◯ Yes ◯ No ◯ Maybe **Explain:**

Relate with kindness

Does this equipment or activity build a mutually respectful, trusting, and secure relationship with my dog?

◯ Yes ◯ No ◯ Maybe **Explain:**

Teach compassionately

Does this equipment or activity make learning fun, successful, and trauma-free for my dog?

◯ Yes ◯ No ◯ Maybe **Explain:**

Support the individual

Does this equipment or activity match well with my dog's stage of life, body type, past history, breed, and natural impulses?

◯ Yes ◯ No ◯ Maybe **Explain:**

- **Ideally, the answer to every question is YES.**
- **If a MAYBE comes up, explore how to make this a YES.**
- **If multiple NOs come up, it's smart to pause on this choice and keep looking for effective alternatives that carry lower risk.**

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