

1

**"I hate it when you leave."**

Separation anxiety causes up to 17% of dogs to engage in problematic behavior when left alone, such as when you leave for work or to run an errand.<sup>1,2</sup> It can be triggered by a change in routine, loss of a family member, or a new living situation. Try pinpointing what may have changed in your life and may be causing separation anxiety.



2

**"When you get overly affectionate, I worry you're not coming back."**

Dogs can sense when something's up. When you show an exaggerated amount of emotion before you leave, they can start to freak out.<sup>3</sup> You're showing love, but your dog sees it as a sign of impending doom. Avoid arousing emotion just prior to your departure: remain calm and ignore your dog for 20 to 30 minutes before you leave.



3

**"I destroy things because I feel the need to escape or distract myself."**



The signs that your dog has separation anxiety are often easy to spot: chewed-up doorways, torn-up cushions, trash strewn everywhere, or maybe a note from your neighbor saying your pup barked constantly all day.<sup>4</sup> If it's something that rarely happens when you're home, it could be a sign of separation anxiety.

4

**"I wish I had something fun to do while you're gone."**



Keeping your dog occupied when you leave can help alleviate anxiety in your absence. Give them their favorite toy or treat to help them focus on something other than the stress of you leaving.

5

**"I'm not misbehaving. I'm scared."**

Your dog isn't naughty: Your dog is anxious. Never punish your dog for house soiling or destruction—this will only increase the anxiety associated with anticipating your return.



6

**"Can you help me be less anxious?"**



The BOND® training program can help you train your dog and manage separation anxiety. BOND stands for: Be Positive, Only Reward Calm Behavior, No More Drama When You Come and Go, and Develop Your Dog's Independence.

7

**"Will you ask my veterinarian about Reconcile?"**

FDA approved Reconcile® (fluoxetine hydrochloride) is a chewable tablet used to treat separation anxiety in dogs in conjunction with behavior modification training like the BOND program. Ask your veterinarian about a training plan that includes Reconcile.





Separation anxiety can be hard on both the dog and the owner. The sooner you recognize it, the sooner you can talk to your veterinarian about potential treatments, such as Reconcile® (fluoxetine hydrochloride).

It can be tough to tell what your dog is thinking, but knowing what your furry friend is thinking could help save you both a lot of stress. Here are a few things your pup might say about the struggles of separation anxiety.

#### References

<sup>1</sup>Bamberger M, Houpt KA. Signalment factors, comorbidity, and trends in behavior diagnoses in dogs: 1,644 cases (1991-2001). *JAVMA*. 2006;229(10):1593.

<sup>2</sup>Tiira K, Sulkama S, Lohi H. Prevalence, comorbidity, and behavioral variation in canine anxiety. *J Vet Behav*. 2016;16:38.

<sup>3</sup>Horwitz DF. In Horwitz D, Mills D (eds). Separation-related problems in dogs. *BSAVA Manual of Canine and Feline Behavioural Medicine*, 2nd ed. Gloucester, UK: British Small Animal Veterinary Association, 2010.

<sup>4</sup>Schwartz S. Separation anxiety syndrome in dogs and cats. *J Am Vet Med Assoc*. 2003;22(11):1526-1532.

Managing your dog's separation anxiety takes hard work and dedication, but when you approach it with empathy, it becomes an opportunity for growth and bonding. Approaching separation anxiety with patience, love, and a proactive mindset will lead to a happier, healthier relationship for you and your dog. If you think your dog has separation anxiety, speak with your veterinarian today.



Learn more about Reconcile and BOND training at [reconcile.com](https://reconcile.com)

**IMPORTANT SAFETY INFORMATION:** The most common adverse events reported in decreasing order of reported frequency are: decreased appetite, depression/lethargy, shaking/shivering/tremor, vomiting, restlessness and anxiety, seizures, aggression, diarrhea, dilated pupils, vocalization, weight loss, panting, confusion, incoordination, and excessive salivation. Reconcile chewable tablets are contraindicated for dogs with a history of seizures or when used with drugs that may cause seizures. Consult your veterinarian for complete safety information or visit [reconcile.com](https://reconcile.com) to read the package insert.

The information, tools and material presented in this brochure are provided for informational and educational purposes only. Please consult your veterinarian for an official diagnosis of canine separation anxiety and to learn more about Reconcile. Approved by FDA under NADA # 141-272

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**Reconcile®**  
(fluoxetine hydrochloride)



**Your dog  
isn't "bad."  
Your dog needs  
your help.**

**7 things your  
dog wants you  
to know about  
separation anxiety**