

THE
Way of Life
METHOD

**How to Heal Your Relationship with Your Dog
and Raise a Sound, Strong, and Spirited Companion
(At Any Age)**

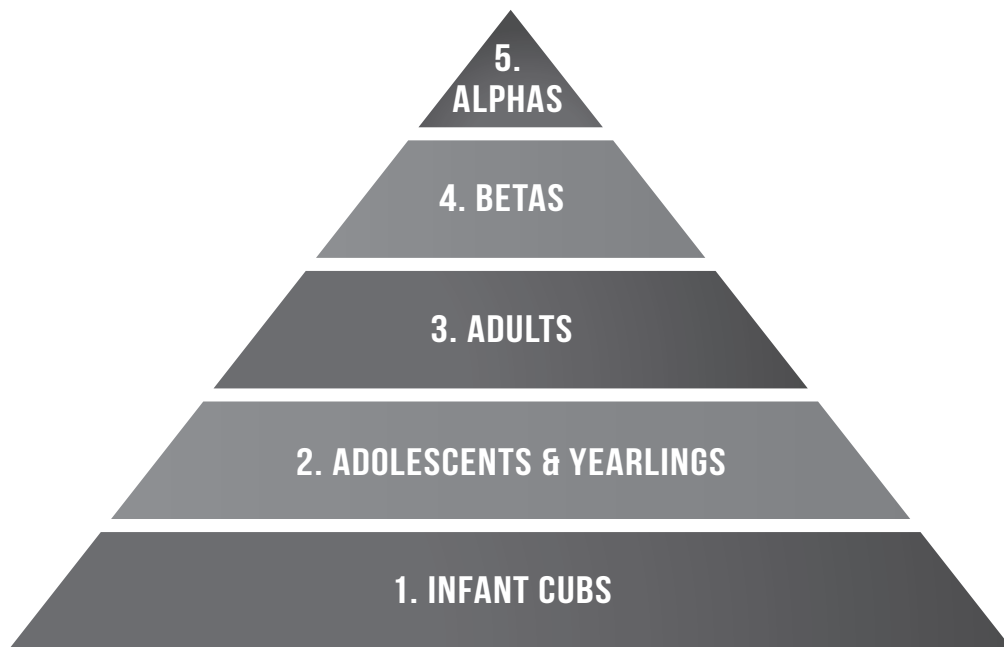
SOUHA EZZEEDEN, PHD

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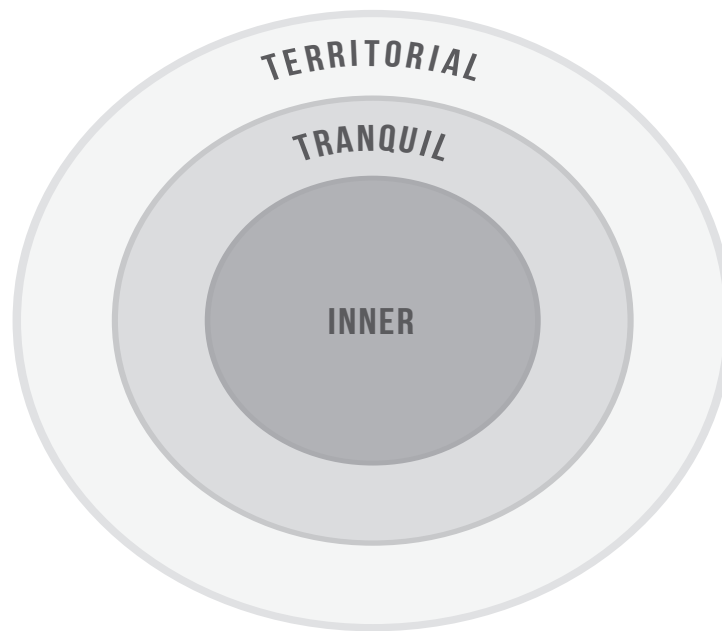
Chapter 2 - *The Family Hierarchy*

LEVELS OF THE FAMILY HIERARCHY



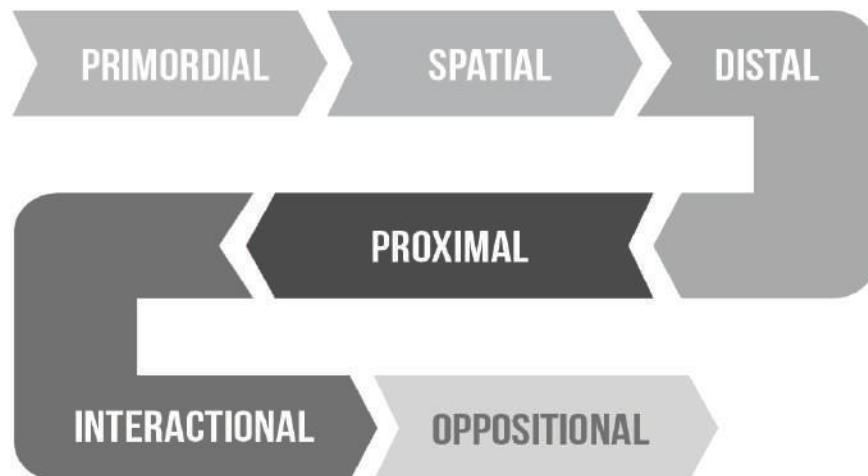
Chapter 2 - *The Three Circles*

THE THREE CIRCLES



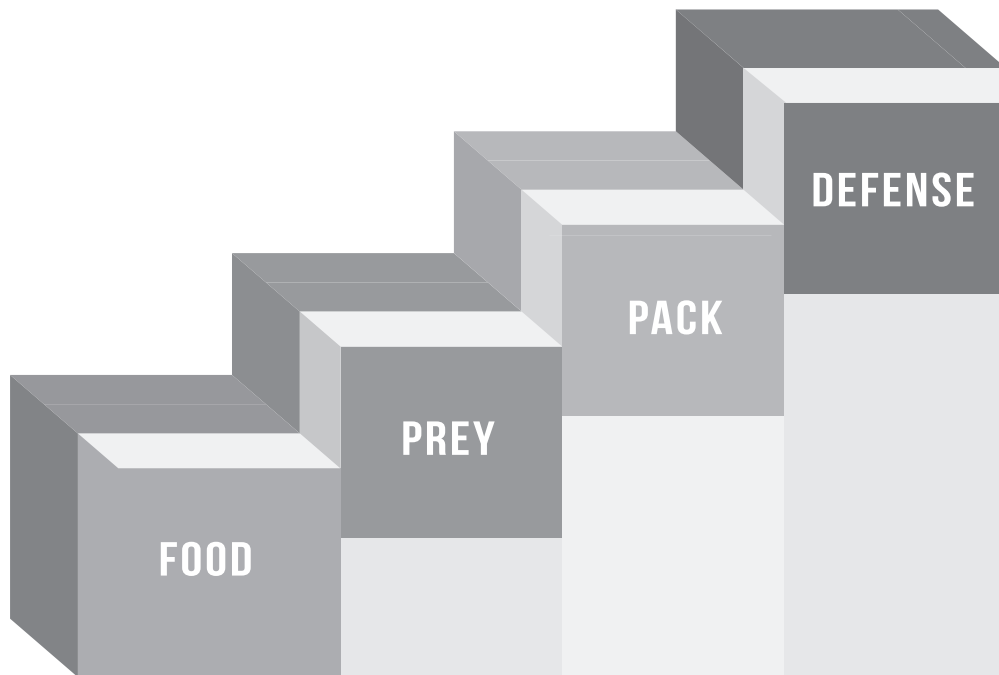
Chapter 2 - *The Levels of Socialization*

LEVELS OF SOCIALIZATION



Chapter 2 - *The Canine Drives*

THE FOUR CANINE DRIVES



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Glossary

Agility: A sport where dogs run across obstacles such as bar jumps, A-frames, and teeter-totters, with the dogs' handlers guiding them along courses of varying degrees of complexity.

Attachment theory: A theory developed by John Bowlby highlighting the importance of primary attachments in development and well-being.

Barn hunt: A sport where dogs work to sniff out and alert to rats placed in containers within straw structures the dogs have to climb on, as would be found in farms.

Classical conditioning: A learning process pioneered by Ivan Pavlov where associating two disparate events is learned through repetition—for example, the sound of a bell and dogs salivating.

Counterconditioning: A technique used in animal training that pairs an event with a positive outcome in an effort to change the behavior in response to that event.

Critical socialization period: A period of intense learning approximately occurring between three and 16 weeks of age in the development of a puppy.

Defensive drive: One of the four drives; a dog's natural desire to protect and defend valued resources including territory, food, objects, and human and animal family members. See also **drives**.

Denning site: A safe and hidden space where mother canids such as wolves and coyotes give birth to their cubs and look after them closely for roughly the first eight weeks of life.

Denning stage: The roughly eight-week period where wolf cubs develop following birth, in close and exclusive contact with their mothers.

Desensitization: A conditioning technique aimed at reducing the intensity of a dog's response to an event.

Distal socialization: The third level of socialization, which involves exposure to stimuli, including people, animals, and things, at a distance and without interaction. See also **socialization**.

Drives: A dog's natural, instinctual, and inherited motivations. See also **defensive drive, food drive, pack drive, and prey drive**.

Dock diving: A sport where dogs jump from a raised platform or dock to retrieve a toy thrown into a pool below (also known as dock jumping).

Exposure stage: The second rearing stage in the Way of Life method focused on exposing, socializing, and educating the dog.

Family hierarchy: A concept that clarifies relationship dynamics between humans and dogs by examining where each fall in the categories of infant cubs, adolescents and yearlings, adults, betas, and alphas.

Food drive: One of the four drives; a dog's natural and instinctual desire for food as a means of survival. See also **drives**.

Foundations stage: The first rearing stage in the Way of Life method focused on decompression, establishing safety and success, and laying a foundation of trust.

Functional obedience: Natural and nonconditioned obedience and compliance occurring as a result of healthy rearing.

Handler transference: The practice of handing over dogs to other people for handling and boarding, as a means of strengthening dogs.

Inadvertent training: The unintended training and learning that occurs as a result of poor management and leadership of the dog.

Interactional socialization: The fifth level of socialization, which involves verbal and physical interaction with people and animals. See also **socialization**.

Inner circle: The smallest of the three circles, consisting of the intimate space around the handler. See also **three circles**.

Integration stage: The third rearing stage in the Way of Life method focused on solidifying Foundations and Exposure, assimilating the dog, and working in off-leash capacity.

Littermate syndrome: A situation whereby puppies raised together grow to develop tensions and conflicts in their relationships at adulthood.

Lure coursing: A sport that involves dogs chasing after a mechanized lure across courses, simulating chasing live prey.

Negative punishment: A method of reinforcement for training purposes involving the removal or taking away of an unwanted outcome.

Negative reinforcement: A method of reinforcement for training purposes involving the removal or taking away of a desired outcome.

Obedience: A sport where dogs learn commands of various degrees of complexity, including common cues such as sit or lie down, adding distance and duration.

Operant conditioning: Learning as a result of associating behavior with its consequences.

Oppositional socialization: The sixth level of socialization, which involves exposure to invasive and intrusive behavior from people and animals. See also **socialization**.

Organizational behavior: A scholarly field of study focusing on the behavior of people in groups and organizations.

Pack drive: One of the four drives; a dog's natural and instinctual desire to care for and belong with a family unit. See also **drives**.

Positive punishment: A method of reinforcement for training purposes involving the application of an unwanted outcome.

Positive reinforcement: A method of reinforcement for training purposes involving the application of a wanted outcome.

Prey drive: One of the four drives; a dog's natural and instinctual desire to chase and grab, inherited as part of a dog's hunt for food. See also **drives**.

Primordial socialization: The first level of socialization, which involves intimate exposure between human and dog including all start-to-finish care and handling. See also **socialization**.

Proximal socialization: The fourth level of socialization, which involves exposure to stimuli, including people, animals, and things that are nearby without interaction. See also **socialization**.

Rally obedience: A sport that presents a fun way of practicing obedience where handlers and dogs heel along a course of obstacles presenting cues to perform (also known as Rally-O).

Recall games: Training practices such as restrained recall and two-way recall that solidify a dog returning to the handler while being called in a fun and engaging manner.

Rendezvous site: Nondenning spots where wolf cubs are taken for their safety, education, and socialization before integration into the pack.

Shaping: A reinforcement technique that trains a behavior by rewarding successive, closer and closer approximations of the behavior.

Social or observational learning: A set of theories that propose that people learn by observing others, adapting their behavior to their social context.

Socialization: A dog's gradual exposure to stimuli and experiences along six rungs. See also **primordial, spatial, distal, proximal, interactional, and oppositional socialization**.

Spatial socialization: The second level of socialization, which involves exposure to different environments without necessarily engaging in these environments. See also **socialization**.

Sprinter trials: A sport that involves dogs running a 100-meter sprint, scored based on their height and finish time to determine their speed in terms of kilometers per hour.

Territorial circle: The largest of the three circles, consisting of the territorial boundary between a space and another. See also **three circles**.

Three circles: A concept developed by Sam Malatesta where space is understood and managed along three concentric circles. See also **inner circle**, **territorial circle**, and **tranquil circle**.

Three rearing and relationship stages: The Way of Life method to rearing dogs mirroring stages of canine and human development. See also **foundations stage**, **exposure stage**, and **integration stage**.

Tracking: A scent-oriented discipline where handlers lay foot tracks for the dogs to follow as they locate and alert to articles along the track.

Tranquil circle: The middle of the three circles, consisting of a 10-foot radius circle around the handler. See also **three circles**.

Weaning: A critical event in the life of a puppy where it is stopped from drinking its mother's milk and transitioned to soft and eventually solid food.

Whelping: The process of a mother dog or wolf giving birth to pups or cubs, usually occurring in a den for wolves and a whelping box for dogs.

Whelping box theory: An approach to dog training developed by Sam Malatesta based on the behavior of the mother dog toward her puppies from whelping to weaning.



About the Author

Souha Ezzedeen, PhD, is a human-dog relationship coach, dog trainer, academic, business owner, creator of the Way of Life Method, and forever student of the art and science of raising sound, strong, and spirited dogs. She holds a doctorate in management and organizational behavior; is a tenured associate professor, educator, and researcher; and is the founder of Way of Life™ Dog Training, a Toronto-based coaching business focused primarily on canine behavioral issues.

Inspired by challenges with several dogs, particularly her German shepherd Maya, Souha draws on nearly 20 years of diverse experiences with dogs, coaching dog owners in designing ways of life that heal behavioral issues and unleash deep bonds with their dogs.

Souha lives in Toronto, Canada, with her four dogs—German shepherds Kizzy and Bruna, Belgian Malinois Nejra, and Taiwanese mountain dog Bob. Together, they enjoy hiking and swimming, and have been active in herding and scenting for several years.

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