



Food Prison - Level 2

With your dog on a boundary, have them watch you place super high value food or a toy that is valuable to your dog in a secure container like a crate or a small cage. Your dog should not be able to access the reward without your help.

- Proof your boundary as needed. This game leads to exciting outcomes, so seeing you play around with the food, a toy, or the container can raise the dog's level of arousal. Feed for staying on the boundary.
- Review Food Prison Level 1 if needed.
- Stand next to the container and release your dog off the boundary. As they come to you, walk away from the container.
- We are looking for any indication that the dog wants to move away with us. Mark "YES" and reward from your hand as they come to you. Then run back to the container with your dog and open it. Let your dog enjoy the reward inside, food or toy play with you.
We are not giving our dogs any cues to come or "leave it". We are waiting for their choice and rewarding it.
- Reload and repeat.

Level up: Once the dog is moving away with you without hesitation, ask for a behavior before rewarding. Are they listening or is their brain still thinking about the container? Mark and reward. Race back to the container for the reward inside. Reload and repeat.

*Remember, we are building self-control as a **concept**, not a cue (therefore, we don't use "Leave It" cues!). We cannot cue impulse control. It is like a muscle that becomes stronger with experience; you cannot tell a muscle "be strong." Rather, you construct that strength by using the muscle. Similarly, the dog must construct self-control himself, through experiences that require it like Food Prison and Food Prison 2.*