TOGETHER, TailTempos

Emily Smith × Bella 1:1 Detailed Compatibility Report

TailTempos · REPORT ENGINE 1.1

Overall Compatibility Score: 76 · Analysis confidence: Medium

Emily Smith × Bella

This report is a behavior and lifestyle reference for your household and does not replace veterinary advice.

How to read this report

This report is calculated exclusively for Emily Smith and Bella. We haven't repeated what you've already seen in the free results, but instead focused on personalized reasoning and action plans. You can read it in order, or jump straight to the section you're most curious about.

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Three principles for this report

- Don't try all the methods written here at once. Add them one by one following the 30-day plan.
- A lower-scoring axis is not a flaw, but the point where change will be most visible.
- If you see signs of pain, aggression, or severe anxiety, check the professional consultation

guidelines in Chapter 8 before proceeding with the plan.

How This Report Was Created

This report was generated by combining the birth dates, breed information, and birthplaces of Emily Smith and Bella, along with relationship data.

Calculated with medium confidence focusing on birth dates and breed characteristics, omitting time-based adjustments due to missing birth time data.

This report utilizes an East Asian traditional calendar framework based on dates of birth alongside breed characteristics. It is an explainable rule-based analysis used as a reference framework, not a medical or behavioral diagnosis, and it will always produce the same result for the same inputs. These scores are a starting point for observation, not predictions.

The scores are not grades judging the relationship as good or bad. Stability indicates how quickly you both calm down after a stimulus. Rhythm represents how well daily routines align. Communication reflects how consistently words and gestures are conveyed. These three axes influence each other in real life, so one axis is not interpreted in isolation as a personality trait.

If the reference values calculated from birth data differ from actual observation, prioritize your records of sleep, appetite, walks, and recovery from the last 7 days. Especially for members whose birth time is unknown, time-related adjustments are excluded, meaning your actual records will help adjust the execution steps of this report more realistically as they accumulate.

Input Summary

Guardian: Emily Smith · DOB: 1990-05-14 · Time of Birth: 09:30 · Birthplace: New York, NY

Dog: Bella · Labrador Retriever · DOB: 2022-03-02 · Time of Birth: Unknown · Birthplace: New York, NY

This report does not diagnose signs related to health, pain, aggression, or severe anxiety. If these signs are observed, refer to the expert consultation criteria in Chapter 8 and contact a veterinarian or a certified behavioral expert.

About the Author

"TailTempos" is created and operated by a single individual. Over 30 years, I have lived with dogs and directly cared for or fostered 40 dogs. I have completed the Companion Animal Manager course by the Korea Kennel Club (a Korean private certification acquired in 2021).

The lifestyle suggestions in this report are based on the lessons learned from repeating and correcting the same mistakes over those 30 years. Some behaviors repeat across different breeds, and even within the same breed, every individual dog has entirely different traits—this is the clearest fact I've learned from experiencing 40 dogs. Therefore, this report uses breed averages only as a starting point, and leaves the final judgment to your actual observation.

However, this experience is not a veterinary or certified behaviorist qualification. For safety-critical issues like pain, aggression, or severe anxiety, do not rely on this report. Always consult a veterinarian or a certified animal behaviorist first.

How to Read This Report

The first half explains how to interpret your relationship and observe different scenes. The second half contains a 30-day execution plan and an observation log designed to be used as a hands-on workbook.

Read the whole report from front to back once. After that, pull out only the second half to fill in daily, and reread the final chapter after a month.

Guidelines for Reading the Analysis

If the reference interpretation differs from actual behavior, prioritize the actual behavior. Use the reaction and recovery time that repeats three or more times under the same conditions as the basis for your next action, rather than a one-time impression.

Detailed Relationship Scores

Most Stable Axis · Communication

Reactions to words and actions are sensitively connected. Thanks to this strength, communication is often successful with just short signals, making this a highly efficient combination for training.

Axis to Adjust First · Rhythm

Rhythm appeared relatively low. Rather than strictly managing the clock, it is more effective to keep the daily sequence consistent, such as walking, then feeding, then resting.

How to Observe the Three Axes

Stability is measured by the time it takes to return to normal breathing after being startled. Note down the minutes it takes for Bella to calm down so you can compare it next week.

Rhythm is confirmed by sequence, not a clock. Just log for three days whether walks, meals, and rest always happen in the same order, and the shaky points will reveal themselves.

Communication is seen by the reaction rate after speaking just once. If you find yourself repeating the same words, you should check if the expressions differ between family members before worrying about the score.

Three Ways to Misread the Scores

First, reading scores as personality traits. The scores only describe your current combination, not innate temperament.

Second, seeing the lowest axis as a problem to be fixed. The lowest axis is simply where adjustments may have the most visible impact.

Third, judging by a single day's impression. Draw conclusions only after repeating the same conditions three times.

Middle Axis · Stability

Stability is at 76 points, acting as a balance for the overall relationship between the two other axes. Observing whether this axis improves alongside Communication will show how the two are connected.

The overall score for Emily Smith and Bella is calculated as a weighted average of the three axes. If all three axes are evenly above 70, it is interpreted as a stable relationship. If one axis

is notably low, that axis is prioritized for adjustment.

First Decision for Emily Smith and Bella

Do not conclude that a Rhythm score of 70 is a flaw. Today, unify just one starting signal and one ending signal, record the recovery time for 3 days, and then decide on the next adjustment.

Our Home Through Bella's Eyes · An Exciting Partner

"It's fun being together, but I never know when we'll sleep!"

This name is not a personality label but a description of your current observable pattern. The four axes calculated from the inputs of Emily Smith and Bella are shown below. The same inputs will always yield the same name. If the axes change, the name changes.

Four Foundations for This Name

01 Clear Signals

Communication score is above average. Communication score: 82.

02 Spontaneous Rhythm

Rhythm score is below average. Rhythm score: 70.

03 Close Distance

Stability score is above average. Stability score: 76.

04 Lively Energy

Breed average activity level is 4/5 for Labrador Retriever.

What This Type Already Does Well

Communication works well and the closeness is high, so excitement levels can rise quickly.

Where This Type Often Struggles

Unpredictable schedules can cause excitement to last too long. Try to keep the bedtime routine the same every night.

Rhythm is the lowest at 70, and Communication is the highest at 82. We start with the lowest axis not because it is a flaw, but because the same effort yields the most visible changes there.

Which Axis Moves First?

30-DAY SEQUENCE

Week 1

Adjust Rhythm only

Leave the other axes alone and change just one rule related to Rhythm. If you change multiple things at once, you won't know what worked.

Weeks 2-3

Record recovery time

Observe whether the time it takes for Bella to return to normal after being excited has shortened, rather than whether the behavior has disappeared entirely. This axis reacts first.

Week 4

Move to the second axis

If the changes in the first axis hold, move to Stability. If not, narrow the scope and repeat the same axis for another week.

How to Change the Name in 30 Days

01 Clear Signals

Unify the request words and hand gestures your family uses, and wait 3 seconds after speaking. This will move the Communication axis. It is currently at 82.

02 Steady Rhythm

Keep the sequence of walking, feeding, and resting the same every day, regardless of the exact time. This will move the Rhythm axis. It is currently at 70.

03 Close Distance

Have everyone in the family follow the rule of not calling or touching Bella in their resting area. This will move the Stability axis. It is currently at 76.

04 Lively Energy

The Energy axis is based on breed averages and will not change in 30 days. Instead, change how it is fulfilled. Increase sniffing time rather than just walking distance.

Three of the four axes can improve as you adjust your daily routines, but the Energy axis remains the same. Therefore, if the relationship type changes, it reflects the family's changing habits, not Bella.

How to Use the Name

The type name is a tool for your family to refer to situations using the same language. Using it as "That's just how An Exciting Partner is" stops observation, while using it as "This scene repeats because we are a An Exciting Partner" reveals what to change. Check if the name changes when you recalculate in 30 days.

Core Relationship Conclusion

For Emily Smith and Bella, the starting point of this scene is posture, breathing, and distance choices right before starting a walk and right after returning. Reactions at departure and arrival set the mood for the entire day. It's faster to adjust these two points first rather than the time in between.

In this scene, you can rely on the Communication score of 82. Use it as a reference point for recovery after disruption rather than a tool for teaching something new.

Your first action is: “Set one starting signal and one ending signal, and provide hydration and rest first after returning home.” Changing several things at once obscures what worked. Today, set just one departure signal.

The activity demand for Labrador Retriever is Level 4 out of 5. On days they haven't warmed up, the same requests won't work. Get them moving before trying this scene.

We do not judge by a single good-looking day. You must try again under the same conditions and confirm that recovery is faster for it to stay in your daily life.

01 This Scene

Observe Bella's choices by dividing posture, breathing, and distance choices right before starting a walk and right after returning into before, during, and after.

02 Emily Smith's First Action

Set one starting signal and one ending signal, and provide hydration and rest first after returning home.

03 Role of Other Family Members

Other family members should not call out at the same time; simply clearing the doorway is enough help.

04 What to Log as Numbers

For at least 3 days at the same time of day, record the time excitement started and the time normal breathing resumed.

05 Safety Stop Line

When appetite, sleep, and bowel movements fluctuate together, or recovery time continuously increases, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Core Relationship Conclusion

Determine the scene to change before worrying about the score. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Recurring Friction Scenes

Based on the three axis scores of Emily Smith and Bella, we selected scenes highly likely to repeat in real life. These items are not meant to stereotype personality, but serve as an observation map to distinguish conditions that start a burden from responses that delay recovery.

The same behavior means different things depending on the preceding sounds, distance, and fatigue. When a scene happens, do not just record the behavior; log what triggered it, how the guardian reacted, and how long it took to return to normal as a set.

01 Scene 1 · Slow Reactions During Training

Repeating the same command yields a delayed response or a different behavior. Watch for this signal: Ears pinned back, yawning, looking away. Avoid repeating the same word louder and faster. More repetition blurs the meaning of the first request, turning it into background noise.

02 Scene 2 · When Guests Arrive

The moment the doorbell rings or a stranger enters, their body stiffens or barking continues. Watch for this signal: Stiff body, lowered tail, repetitive barking. Avoid picking them up or continuously petting them to calm them down. Increased physical contact can actually maintain the state of arousal, delaying recovery.

03 Scene 3 · Coming Home Late

Being left alone longer than usual leads to an overly intense greeting upon return. Watch for this signal: Jumping, bringing toys, following you everywhere. Avoid feeling guilty and immediately giving treats or matching their high energy. Big rewards during an anxious state can reinforce the same intense reaction next time.

04 Scene 4 · When Two Signals Overlap

Facing two burdens at once, like an unexpected noise along with a stranger visiting. Watch for this signal: Repeatedly hiding briefly and then approaching, slower reaction time than usual. Avoid trying to resolve both factors simultaneously using multiple methods. When burdens overlap, you must reduce them one by one to see clear signs of recovery.

Three Stages of Observing a Scene

Before it starts, look at what sound occurred right before and what the distance was. The cause is usually in the preceding conditions, rather than the behavior itself.

During the scene, see what choices Bella could make. If they can independently choose to approach, stop, or step back, the scene is still safe.

After it ends, record the time it took to return to normal breathing. If this time shortens for the same scene, things are improving.

Do Not Read Scenes as Personality

The same action does not always mean the same thing. Even a single bark can be a request or a sign of anxiety, so separate the conditions before concluding it is just Bella's personality.

Which Scene to Tackle First

Do not try to address all four scenes at once. Pick just one scene that repeated the most and had the longest recovery time over the past 7 days, and apply the response script from the next chapter in the same order for 3 days.

Guardian Response Scripts by Scene

Once friction starts, the sequence of actions matters more than explanations or discipline. In the 'Immediate' stage, reduce the stimulus. In the 'Next' stage, open a safe path for the dog to choose. Only after recovery should you provide rewards and record the event.

Emily Smith, please share the exact sentences below with your family. If multiple people speak at once or try different methods, Bella won't know which behavior is a safe choice.

Scene	Immediate Action	After Recovery
Slow Reactions During Training	Say it once, then stop talking and wait for at least 3 seconds.	If there's no reaction, lower the difficulty to an easier action to create a successful experience first. End the session with that successful action to maintain expectations for the next training.
When Guests Arrive	First, secure a distance of at least 2 meters (6 feet) from the guest.	Guide them to a familiar blanket or mat and speak only one short phrase in a low voice. Only after their body relaxes and they sit or lie down, quietly reward them.
Coming Home Late	Quietly check their hydration and potty pads first.	Respond briefly in a low voice until their body calms down. Once calm, relieve the day's tension with a short walk or sniffing time.
When Two Signals Overlap	Increase distance from the strongest stimulus first (the louder or closer one).	Adjust the next stimulus only after the first one is managed. Quietly return to the normal routine once both factors are resolved.

Judging Completion

Do not base success on whether the response script "looked good." Record the intensity of the reaction after the starting signal, the recovery time to return to normal, and whether the behavior repeats under the same conditions.

Walk · Home · Training Environment Design

These three environments do not operate separately. Tension accumulated in one place carries over to the others, so check them together in order.

Walking Environment

Walks That Vary Speed. Mixing brisk walking with stopping will make Bella check in with you more frequently than walking at one constant speed.

Weekly Execution Standard: At least 4 times a week, walk for 40+ minutes at a time.

Activity Demand Reference: The standard activity index for Labrador Retriever is 4 out of 5. The higher the index, the more important variety and exploration are over just walking duration.

Home Environment

Leaving the Guardian's Scent. Leave a worn item of clothing on their mat so a familiar scent remains while they are alone.

Weekly Execution Standard: At least 3 times a week, leave clothing out to maintain the scent.

Size and Resting Space Reference: Labrador Retriever belongs to the Large category. The mat must be large enough for them to lie on their side with all four legs stretched out, and anti-slip flooring should be extended to the entryway and living room paths.

Alone Time Reference: The tolerance for being alone for Labrador Retriever is 2 out of 5. Since it is on the lower side, provide a walk and chew toys before leaving, and prepare care alternatives when exceeding four hours. If signs of distress from being alone repeat, consult an expert before increasing training volume.

Training Environment

Say It Once and Wait 3 Seconds. A training method where the whole family uses the same word only once and gives the dog time to react.

Weekly Execution Standard: Twice a day, repeating within 3 minutes each.

Training Difficulty Reference: Labrador Retriever has a consistent handling requirement of 2 out of 5. Because it is average, progress can be made simply by repeating short and easy successes. This figure is a breed average and does not guarantee the learning speed of an individual dog.

Grooming Environment

Labrador Retriever sheds quite a bit (Level 4 out of 5). If you treat brushing as daily bonding time with Bella rather than a chore, the act of touching them becomes easier.

During shedding season, the amount increases multifold. Do not try to do it all at once just then; maintain the usual frequency but increase the time spent per session.

Weekly Execution Standard: At least 4 times a week, 5 minutes per session. Start from the back and flanks, and touch the areas they dislike only briefly at the very end.

Things to Check When Changing Environments

01 One at a Time

Change only one environment at a time, and observe the reaction for at least a week before changing the next.

02 Keep Records

Log the date of the change and the reaction in the observation log in Chapter 9.

03 Maintenance Signal

If comfort signals (relaxed body, approaching independently) appear in the new environment, record that environment as the maintenance signal.

04 Reversion Standard

If burden signals increase within 3 days of the change, revert to the previous environment and try a different method.

Which of the Three Environments First?

If you change all three at once, you won't know what worked. Follow the sequence below over 3 weeks, focusing on checking just one thing each week.

ENVIRONMENT ORDER

Week 1

Home Environment First

If a resting place isn't secured, changing walks or training won't help because Bella has nowhere to recover. This week, select just one location for their bed, and have the whole family follow the rule of not calling or touching them there. Check how many times Bella goes to that spot on their own.

Week 2

Then the Walk

Walks gather the strongest stimuli of the day, so changes only stick if a recovery spot exists first. Secure sniffing time before increasing routes or duration. Check how long it takes for them to comfortably lie down after returning home.

Week 3

Lastly, Training

When the first two are stable, the success rate of the same training improves. Rather than teaching new behaviors, align the family to use the same word for commands they already know. Check the response rate to the first request.

What Doesn't Need Changing

Leave the scenes where Bella is already comfortable alone. The goal of this chapter is not to recreate every environment, but to find the one place where friction repeats and change only that. Meddling with what is working well eliminates the baseline to revert to.

Weekday and Weekend Walk Design

For Emily Smith and Bella, the starting point of this scene is waiting at the door, sniffing segments, and the last 5 minutes before coming home. Walk quality is closer to time spent sniffing than distance walked. Even the same 30 minutes yields faster recovery if exploration is included.

The Rhythm score of 70 indicates the first area to adjust in this scene. A lower score does not mean a bad relationship.

Your first action is: “On weekdays, secure exploration time on familiar routes, and on weekends, add just one new block to the route.” Suddenly increasing walks on weekends ruins the next day's rhythm. Add new areas just one block at a time.

Their tolerance for being alone is Level 2 out of 5. Right after being alone, they are already depleted. Starting this scene then makes the same attempt much harder.

Judgment starts from the second attempt. See if the reaction appears again under the same conditions, and whether the calming time has decreased.

01 This Scene

Observe Bella's choices by dividing waiting at the door, sniffing segments, and the last 5 minutes before coming home into before, during, and after.

02 Emily Smith's First Action

On weekdays, secure exploration time on familiar routes, and on weekends, add just one new block to the route.

03 Role of Other Family Members

Other family members should follow at the same pace rather than swapping leash duties.

04 What to Log as Numbers

For at least 3 days at the same time of day, record minutes spent exploring, minutes the leash was loose, minutes it took to lie down comfortably after returning.

05 Safety Stop Line

When limping, hyperventilation, paw pad damage, or excessive arousal lasting more than 30 minutes post-walk occur, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Weekday and Weekend Walk Design

Adjust the ratio of exploration, walking together, and recovery over sheer distance. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Recovery Routes at Home

For Emily Smith and Bella, the starting point of this scene is times when family traffic overlaps with beds, hydration bowls, and doorways. A resting place is determined by uninterrupted paths, not the bed's physical location. If it overlaps with human paths, no bed will truly be a resting place.

Because Communication is high at 82, recovery is fast. In the meantime, adjust the Rhythm side by just one step.

Your first action is: “Place the resting area against a low-traffic wall and do not call or touch them while they are there.” Move the bed's location before buying a new cushion. The location is more frequently the issue than the object.

Their handling demand is Level 2 out of 5. Because the demand is not high, they are more likely to adapt even if methods differ slightly. However, don't change it too often.

Coincidence and change are distinguished only through repetition. Recreate the same situation and compare the recovery time.

01 This Scene

Observe Bella's choices by dividing times when family traffic overlaps with beds, hydration bowls, and doorways into before, during, and after.

02 Emily Smith's First Action

Place the resting area against a low-traffic wall and do not call or touch them while they are there.

03 Role of Other Family Members

Other family members simply promising not to call or touch them in that spot is enough help.

04 What to Log as Numbers

For at least 3 days at the same time of day, record number of times they chose the resting area on their own and rested uninterrupted for over two hours.

05 Safety Stop Line

When they repeatedly move spots while sleeping or guard the doorway blocking family traffic, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Recovery Routes at Home
Create an uninterrupted walking path before worrying about the bed. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Training Difficulty and Rewards

For Emily Smith and Bella, the starting point of this scene is the moment they participate after hearing a signal, or when they turn away and leave. Ending with success is more important than training for a long time. Ending quickly makes the next attempt easier.

The adjustment sequence starts with Rhythm. Communication is already established, so you don't need to touch it.

Your first action is: “Limit one session to 3~5 minutes, say the signal only once, and wait at least 3 seconds.” Repeating words when there is no reaction blurs the signal. Say it once and wait.

Their body size is in the Large category. The same movement exerts different force on a person. Widen the space before starting.

Just the impression that it looked good won't last. Write down how it changed when the same scene happens next time.

01 This Scene

Observe Bella's choices by dividing the moment they participate after hearing a signal, or when they turn away and leave into before, during, and after.

02 Emily Smith's First Action

Limit one session to 3~5 minutes, say the signal only once, and wait at least 3 seconds.

03 Role of Other Family Members

Other family members should avoid giving different signals in the same spot, and quietly prepare hydration when it ends.

04 What to Log as Numbers

For at least 3 days at the same time of day, record number of reactions to the first signal, number of repeated commands, and recovery time after ending.

05 Safety Stop Line

When treat refusal, turning away, or yawning happens twice in a row, or avoidance increases after the session, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Training Difficulty and Rewards

Increase the success rate and make the end signal clear. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Sequence to Avoid Escalating Conflict

For Emily Smith and Bella, the starting point of this scene is the distance and stimulus right before their body stiffens and their gaze fixes. Conflicts usually start from distance. Securing distance first calms down most scenes before having to deal with emotions.

Changing two axes at once makes it hard to see what worked. Focus only on Rhythm this time.

Your first action is: “Secure a safe distance before removing the object or scolding, and retry under easier conditions only after their body relaxes.” Trying to correct them right there makes them stiffer. Try again under easier conditions after they relax.

Their shedding is Level 4 out of 5. When grooming is delayed, physical contact decreases, and relationship signals decrease with it.

A single success might just be good condition. Confirm once more under the same conditions before setting it as a rule.

01 This Scene

Observe Bella's choices by dividing the distance and stimulus right before their body stiffens and their gaze fixes into before, during, and after.

02 Emily Smith's First Action

Secure a safe distance before removing the object or scolding, and retry under easier conditions only after their body relaxes.

03 Role of Other Family Members

Other family members should clear nearby people and objects to create space rather than stepping in between.

04 What to Log as Numbers

For at least 3 days at the same time of day, record the distance at which warning signs started, and the time it took to relax.

05 Safety Stop Line

When the intensity of aggression increases or when securing a safe distance between people and animals is immediately difficult, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Sequence to Avoid Escalating Conflict

Follow the sequence: stop, secure distance, recover, retry. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Traditional Profile Reference: Food · Snacks · Places

The reference profile for Bella is the Dynamic (Summer) profile. The following suggestions are based on a traditional calendar reference framework. Actual feeding and nutritional decisions must always be discussed with a veterinarian or pet nutrition expert.

Feeding Rhythm Reference

A rhythm of frequent, small portions rather than overeating helps with stability in this reference profile.

Snack Direction Reference

Consider room-temperature treats that do not excessively raise body temperature.

Feeding Reference by Body Size

Labrador Retriever is in the Large category. Eating a large amount quickly can lead to dangerous conditions like gastric torsion, so it is safer to divide daily portions into two or more meals and use slow-feeder bowls.

Activity demand is Level 4 out of 5. Because they move a lot, it is better to let them rest for at least 30 minutes after a walk before feeding.

Weigh them under the same conditions once a month and record it. Changes in numbers are more accurate for judging feeding amounts than visual impressions.

Walking & Resting Place Reference

Resting in quiet spaces with guaranteed shade is the reference direction.

This section does not diagnose or replace treatment for diseases, allergies, or prescription diets. Always prioritize your veterinarian's instructions regarding feeding amounts and ingredients.

Steps for Testing New Food

01 One at a Time

Introduce new food or treats one at a time. Changing two things at once masks the cause if adverse reactions occur.

02 3-Day Observation

Start with a small amount and maintain the same quantity for at least 3 days to observe bowel movements, itching, vomiting, and vitality. If there are no issues, you can increase the amount.

03 Keep Records

Log the introduction date, product name, and Bella's reaction in the observation log so you can show it to the vet exactly as is.

04 When to Stop

If diarrhea, vomiting, skin redness, or excessive licking appear, stop immediately, revert to the original diet, and consult your veterinarian.

This reference profile only provides a directional guide; it cannot determine which foods are safe for Bella. If they are on a prescription diet or have an allergy history, follow your veterinarian's instructions over the contents of this chapter.

Principles for Using This Chapter

Veterinarian instructions regarding food ingredients, allergies, weight, and digestion always take precedence over these profile references. Test new foods in small amounts one at a time, and stop immediately if adverse reactions are seen.

Weather and Seasonal Adjustments

For Emily Smith and Bella, the starting point of this scene is points where walking speed and sniffing vary based on temperature, ground condition, and precipitation. The physical burden of the same walk varies depending on temperature and ground condition. Walk times must be adjusted when the season changes.

The difference between the Rhythm score of 70 and the Communication score of 82 determines the difficulty of this scene. The wider the gap, the more you should break down the steps.

Your first action is: “Reduce time and increase shade and hydration on hot days; add short warm-ups and paw checks on cold days.” Reducing walk time on hot days might make you feel guilty. Instead, increase sniffing time in the shade.

A dog with an activity index of 4 like Labrador Retriever doesn't remember failed attempts for long. If it fails today, try again tomorrow under the same conditions.

To know if what you changed worked, you must try it again with the same conditions. Don't change location and time together.

01 This Scene

Observe Bella's choices by dividing points where walking speed and sniffing vary based on temperature, ground condition, and precipitation into before, during, and after.

02 Emily Smith's First Action

Reduce time and increase shade and hydration on hot days; add short warm-ups and paw checks on cold days.

03 Role of Other Family Members

Other family members just preparing hydration and towels in advance will speed up recovery.

04 What to Log as Numbers

For at least 3 days at the same time of day, record time spent outside, minutes panting continues after returning, and condition of paws and skin.

05 Safety Stop Line

When abnormal body temperature, paw damage, or unusual lethargy/hyperventilation persists, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Weather and Seasonal Adjustments
Adjust stimulation levels and recovery during heat, cold, or rain. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Daily Schedule

For Emily Smith and Bella, the starting point of this scene is early changes seen at the door, feeding area, or bed when the schedule is delayed. Dogs remember the sequence, not the exact time on a clock. If the sequence is kept, delays cause less disruption.

If you get stuck, return to Communication to confirm stability, and try again. Having a place to fall back on makes trying easier.

Your first action is: “Maintain the core sequence of potty-food-walk-rest rather than matching the exact time on the clock.” A perfect timetable crumbles harder on days you can't keep it. Fix only the three core steps.

An alone-time tolerance of Level 2 means you shouldn't place this scene right next to the time they are alone. Put recovery time in between.

Look at the recovery time rather than the outcome. Even with the same reaction, if they calm down faster, things are improving.

01 This Scene

Observe Bella's choices by dividing early changes seen at the door, feeding area, or bed when the schedule is delayed into before, during, and after.

02 Emily Smith's First Action

Maintain the core sequence of potty-food-walk-rest rather than matching the exact time on the clock.

03 Role of Other Family Members

Other family members only need to maintain the same sequence during their turn.

04 What to Log as Numbers

For at least 3 days at the same time of day, record the gap between scheduled and actual times, and recovery times on days the sequence was kept.

05 Safety Stop Line

When destruction, bathroom accidents, or hyperventilation increases every time the schedule changes, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Daily Schedule

Increase the predictability of feeding, walking, and resting. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Determining Necessary Supplies

For Emily Smith and Bella, the starting point of this scene is specific issues products should solve, like slipping, noise, cleaning, or resting disruptions. Products only help if they change the scene. Deciding which scene you want to change narrows down what you need to buy.

On days when Rhythm feels low, it is better to lower your demands. The same request lands differently depending on their condition.

Your first action is: “Compare size, material, washability, anti-slip features, and return policies before brand names.” Choosing based solely on reviews often leads to size and cleaning issues. Measure the placement space first.

A handling level of 2 means rules establish relatively quickly. 2 weeks is enough to see the direction.

Trends emerge when three days of records accumulate. You don't need to separate success and failure before then.

01 This Scene

Observe Bella's choices by dividing specific issues products should solve, like slipping, noise, cleaning, or resting disruptions into before, during, and after.

02 Emily Smith's First Action

Compare size, material, washability, anti-slip features, and return policies before brand names.

03 Role of Other Family Members

Other family members should help decide the placement and note the date the new product was introduced.

04 What to Log as Numbers

For at least 3 days at the same time of day, record actual frequency of use and the number of times problem behaviors changed after introduction.

05 Safety Stop Line

When the product causes avoidance, getting stuck, resource guarding, or skin irritation, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Determining Necessary Supplies
Define the problem to solve before looking at products. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Days When Guardians Can't Keep Up

For Emily Smith and Bella, the starting point of this scene is days when the guardian lacks the energy and time to follow the usual schedule. You can't keep every day exactly the same. Having a minimum routine prevents the relationship from shaking heavily on tough days.

The goal in this scene is not to raise the score. Just seeing a slightly faster recovery on the Rhythm side is enough.

Your first action is: “Execute a minimum routine of just potty, food, short exploration, and undisturbed rest, and hand it over to a substitute in one sentence.” Feeling bad and cramming everything the next day creates more burden. Return to normal amounts.

A large body has fewer choices in narrow spaces. Check if they have an escape route first.

Records from days that didn't go well are more useful. Be sure to note the situation immediately preceding it.

01 This Scene

Observe Bella's choices by dividing days when the guardian lacks the energy and time to follow the usual schedule into before, during, and after.

02 Emily Smith's First Action

Execute a minimum routine of just potty, food, short exploration, and undisturbed rest, and hand it over to a substitute in one sentence.

03 Role of Other Family Members

Sharing just one line for the sequence and one line for the stop signal is enough for other family members or substitutes.

04 What to Log as Numbers

For at least 3 days at the same time of day, record number of skipped core routines and recovery time maintained during substitute schedules.

05 Safety Stop Line

When the substitute also struggles to follow safety signals and feeding info, or care gaps recur frequently, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Days When Guardians Can't Keep Up

Set a minimum routine and rules for substitute care. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Criteria for Maintaining, Stopping, and Expert Consultation

Relationship improvement plans should only proceed when the dog maintains daily functioning. You must check not only if comfort signals are increasing, but also if basic life activities like eating, sleeping, walking, and bathroom habits are stable. Even if behavior temporarily quiets down, if stiffening or hiding time increases, do not consider it a success.

Stopping is not a failure, but a decision to ensure safety. If pain is suspected or aggressive signals repeat, do not guess the cause and try to solve it yourself. Organize the time, distance, duration, and recovery time of the event in chronological order, along with videos from before and after. Hand those records directly to a veterinarian or a certified behavioral expert.

Category	Signals	Action Standard
Continue	Relaxed body, slow blinking, approaching independently	Maintain current methods and repeat in the same scenes.
Temporary Adjustment	Turning head, lip licking, repeated yawning, shaking off	Stop the action, secure a 5-second distance, and try again.
Immediate Distance	Stiff body, whale eye, hiding, low growling	Do not scold; immediately increase distance from the stimulus.
Expert Consult Needed	Suspected pain, repeated aggressive signals, decline in daily function (sudden changes in appetite/sleep)	Immediately contact a vet or certified behavioral expert. This report does not replace a diagnosis.

Response When Criteria Repeat

If any of the four criteria repeat, pause the 30-day plan and prioritize the action matching that criteria. You can always resume the plan later.

Conclusions to Reread After a Month

For Emily Smith and Bella, the starting point of this scene is scenes with the same timing and similar stimuli as week 1. After a month, you must compare records, not memories. The feeling that things got better often differs from actual recovery times.

Maintain the Communication score of 82, and leave the Rhythm score of 70 as the observation target for the next month.

Your first action is: “Fix one behavior with confirmed repeated success as a family rule, and record failed attempts along with the reasons for stopping.” Do not erase failed attempts. The reason you stopped becomes the basis for your next judgment.

The traits for Labrador Retriever are averages. If Bella deviates from this, follow Bella, not the average. The observations in your log are more accurate than this table.

If your feelings and the records differ, follow the records. Memories easily lean toward the good days.

01 This Scene

Observe Bella's choices by dividing scenes with the same timing and similar stimuli as week 1 into before, during, and after.

02 Emily Smith's First Action

Fix one behavior with confirmed repeated success as a family rule, and record failed attempts along with the reasons for stopping.

03 Role of Other Family Members

It is best for other family members to write down what they observed separately and then compare.

04 What to Log as Numbers

For at least 3 days at the same time of day, record before-and-after differences in reaction intensity, recovery time, and guardian interventions.

05 Safety Stop Line

When recovery worsens or signals of pain, aggression, or panic repeatedly appear in the logs, do not attempt to correct it manually. Instead, prepare logs and videos and consult a professional.

Maintenance Judgment for Conclusions to Reread After a Month

Separate what to keep from the next goal. If recovery time shortens twice or more in this scene, and Bella can independently choose to approach, stop, or keep distance, maintain the current conditions.

Workbook

This section is for you to fill out yourself. We've gathered materials for you to complete by hand, such as a 30-day action plan, observation logs, care schedules, handover notes, and family promises to stick on the fridge. Based on the interpretations and observation methods you've read so far, feel free to fill in one box a day at your own pace. Building a habit of keeping daily records is much more important than filling everything out perfectly. It's okay if you miss a day. The habit of keeping a record itself matters more than avoiding empty boxes. Keeping a record isn't about creating a perfect journal, but rather leaving a baseline that you can compare today with a few days later. Jotting down a short note at the same time every day is enough, and in a month, you'll be able to see what has actually changed compared to your first entry. Start today by filling in the tables, checklists, and action steps on the following pages one by one. Trust the numbers and sentences you wrote down that day more than your feelings or memories. As time passes, it's easy to remember only the good things, but records preserve the reality of that day and will help you make decisions later. If you have multiple family members, don't let one person do all the work—take turns writing so that different perspectives can gather together in the same table.

30-Day Execution Plan

This is a 4-week plan for Emily Smith and Bella. Instead of changing many things at once, focus on one priority each week. Keep the habits of the previous week while adding the next week's items.

Week 1 records become the baseline. Week 2 aligns the family's expressions. Week 3 tests one environmental variable. In Week 4, rather than judging by impressions, compare reaction intensity, recovery time, and guardian interventions with Week 1 to decide what to maintain.

30-DAY PLAN · Add One Focus at a Time

Week 1

Habits of Observation and Logging

Build the habit of recording raw signals without judgment. If you have 5 or more days of records, move to the next week. If not, delay the plan and re-establish the logging habit.

Week 2

Unifying Signal Language

Align the entire family to use the same words and hand gestures. Look at whether the expressions were actually unified before checking individual success rates. If they weren't, reduce the number of signals further.

Week 3

Environment Adjustment

Change one environmental factor from the friction scenes found in Chapter 3. Keep only the one change that shortened recovery time, and remove unclear changes from next week's experiment list.

Week 4

Integration and Review

Confirm if the changes from the past 3 weeks actually shortened recovery time. Select just one thing to maintain and one new thing to test. Severe anxiety, aggression, or pain requires expert consultation over planning.

30-Day Completion Judgment

If recovery time shortens twice or more and the change repeats under the same conditions, establish just one effective action as a family rule. If appetite, sleep, or aggressive signals worsen, expert consultation takes precedence over the plan.

Observation Log

Briefly record Bella's state at the same time every day. This is not a log to find what they did well, but to record raw signals as they are. Comparing it with Week 1 after 4 weeks will show actual changes.

Log at least two numbers from: time of day, distance, frequency, and duration, rather than feelings or interpretations. Do not guess and fill in missed days; leave them blank so you don't exaggerate actual trends.

Mark the intensity of the signals as well. If their body is relaxed and they approach on their own, it is 'Continue'. If you see head turning, lip licking, or repeated yawning, it is 'Temporary Pause'. If you see body stiffening, whale eye, hiding, or growling, write 'Secure Distance'. This classification connects the signal guide from the free result to this 30-day log.

Weekly Common Log

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Comfort Signals	☐	☐	☐	☐	☐	☐	☐
Burden Signals	☐	☐	☐	☐	☐	☐	☐
Recovery Time (min)	☐	☐	☐	☐	☐	☐	☐
Followed Rules	☐	☐	☐	☐	☐	☐	☐

01 Week 1 Interpretation

Keep observation times consistent and find the baseline for their usual comfortable state. Write down one difference between the most comfortable day and the hardest day.

02 Week 2 Interpretation

See how consistent reactions are when using the same signals and gestures. Determine if the family's expressions unified first, rather than just if repetition decreased.

03 Week 3 Interpretation

Confirm how one changed environmental factor impacted burden signals and recovery time. Keep only changes where effects were repeated, and revert the rest to their original state.

04 Week 4 Interpretation

Find scenes identical to Week 1 to confirm changes across the entire 30 days. Set one goal for the next 30 days and reconfirm any signals requiring expert consultation.

Standards for Reading Logs

Look at the minimum routine maintained even on hard days, rather than the peak of good days. If recovery time does not decrease over 4 weeks or safety signals worsen, prepare logs and videos and connect with an expert.