

GUIDANCE & GRACE

A REFLECTIVE
WORKBOOK
FOR
DOG REHOMING OR
BEHAVIORAL
EUTHANASIA

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YOU'RE NOT ALONE

If you're reading this workbook, you're likely facing one of the hardest decisions you may ever have to make. Maybe your dog has shown aggression that scares you. Maybe someone has already been hurt. Maybe you've tried everything you can think of — training, management, medications — and it still doesn't seem like enough.

I've spoken with many people in your shoes. Thoughtful, loving dog guardians doing their best in an impossible situation. And I want you to know this is never easy. It's never fair. And it's never about "giving up."

This workbook isn't meant to give you a black-and-white answer. I can't (and ethically shouldn't) tell you what to do. But what I can do is help you gain clarity. Clarity about your dog's behavior. About your own limits, needs, and hopes. About the realistic options in front of you.

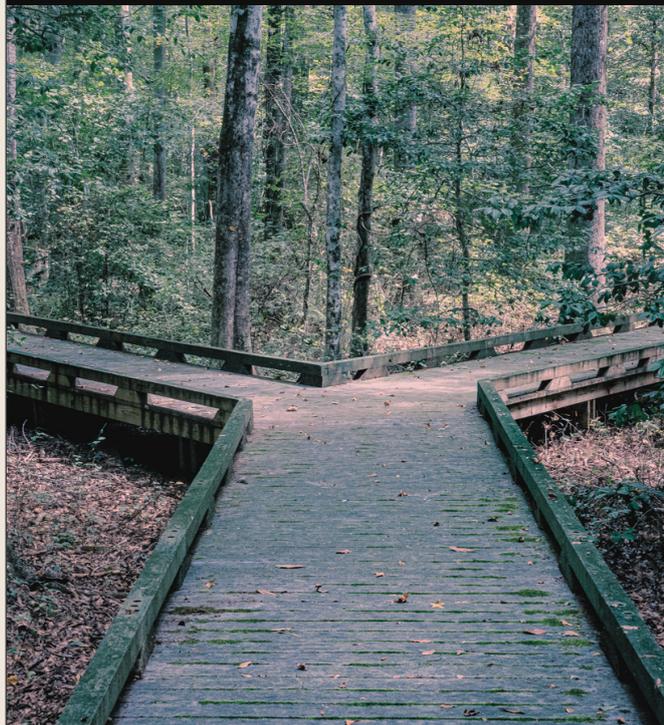
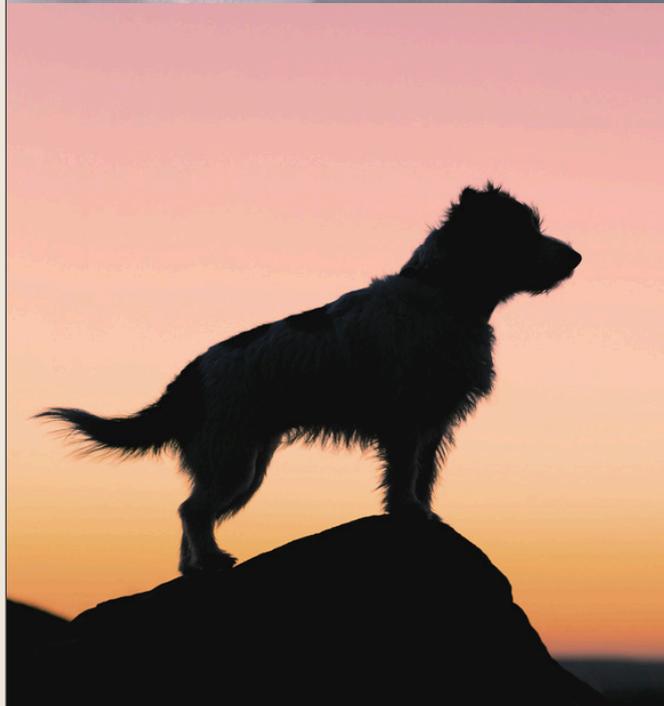
My goal is to help you feel like you've explored everything you need to, so that whatever decision you make — especially one that can't be taken back — you can make it with confidence and peace.

If at any point you feel stuck or overwhelmed, please know that you don't have to go through this alone. I am here to help. No judgement. No pressure. Just compassion and guidance. Whatever you decide, I'm here to support you.

Take your time. Be kind to yourself. You're here because you care about your dog.

Holding space for you,

Cathy



HOW TO USE THIS WORKBOOK

TAKE IT ONE STEP AT A TIME

This workbook is designed to help you explore your thoughts, emotions, and options when you're facing the possibility of euthanasia due to behavioral concerns. There's no right or wrong way to move through it — just your way.

GO AT YOUR OWN PACE

TAKE BREAKS AS NEEDED. THIS PROCESS CAN BRING UP GRIEF, GUILT, ANGER, AND/OR CONFUSION. THAT'S NORMAL.

BE HONEST WITH YOURSELF

THIS WORKBOOK IS FOR YOU, NOT ANYONE ELSE. LET YOURSELF ANSWER FROM THE HEART, NOT WHAT YOU THINK YOU'RE "SUPPOSED" TO SAY.

USE IT TO PREPARE

IF YOU DECIDE TO BOOK A CONSULTATION WITH ME OR ANOTHER CERTIFIED PROFESSIONAL, THIS WORKBOOK CAN HELP YOU ORGANIZE YOUR THOUGHTS AND QUESTIONS SO YOU CAN MAKE THE MOST OF THE TIME TOGETHER.

SKIP AROUND IF NEEDED

YOU DON'T HAVE TO DO THE PAGES IN ORDER. START WHEREVER YOU FEEL MOST DRAWN, OR WHEREVER THE NEED FEELS MOST URGENT.

COME BACK TO IT

SOME ANSWERS MIGHT CHANGE OVER TIME. THIS WORKBOOK IS A SPACE TO CHECK IN WITH YOURSELF MORE THAN ONCE, IF NEEDED.



RULING OUT MEDICAL CAUSES

A VETERINARY CHECK IS NON-NEGOTIABLE

Aggression doesn't happen in a vacuum. Many behavior changes — especially sudden or worsening aggression — can be caused or made worse by underlying medical conditions.

Pain is one of the most common and most overlooked factors in aggression cases.

- Pain can make a dog less tolerant of handling, touch, or proximity to people and other animals.
- Chronic discomfort can cause irritability, reactivity, and lower thresholds for aggression.
- Certain illnesses, neurological issues, or sensory losses (like vision or hearing decline) can increase fear and startle responses.
- Even if aggression isn't caused by a medical problem, untreated pain or illness can make behavior modification much less effective — and much less fair to the dog.

1	SCHEDULE A COMPLETE VET EXAM	ASK FOR A THOROUGH PHYSICAL AND ORTHOPEDIC EXAM, FULL LAB WORK, AND ANY RECOMMENDED IMAGING.
2	TALK SPECIFICALLY ABOUT PAIN	DOGS ARE MASTERS AT HIDING DISCOMFORT. REQUEST A PAIN ASSESSMENT AND BE READY TO SHARE DETAILS ABOUT WHEN AGGRESSIVE BEHAVIOR OCCURS
3	GET A SECOND OPINION, IF NEEDED	IF YOUR GUT SAYS SOMETHING ISN'T RIGHT, ADVOCATE FOR YOUR DOG. A FRESH SET OF EYES CAN UNCOVER MISSED ISSUES
4	COLLABORATE WITH VET & BEHAVIOR PROFESSIONAL	MEDICAL CARE AND BEHAVIOR WORK GO HAND-IN-HAND. ADDRESSING ONE WITHOUT THE OTHER OFTEN LEADS TO FRUSTRATION

RULING OUT MEDICAL CAUSES

COMMON MEDICAL ISSUES LINKED TO DOG AGGRESSION

ARTHRITIS OR JOINT DISEASE (HIP/ELBOW DYSPLASIA, CRUCIATE LIGAMENT INJURY)

DENTAL DISEASE OR ORAL PAIN

EAR INFECTIONS OR CHRONIC EAR INFLAMMATION

SKIN ALLERGIES CAUSING CONSTANT ITCH OR IRRITATION

EYE DISEASE (GLAUCOMA, CATARACTS, UVEITIS)

NEUROLOGICAL DISORDERS (BRAIN TUMORS, SEIZURES, COGNITIVE DYSFUNCTION)

ENDOCRINE DISEASE (HYPOTHYROIDISM, CUSHING'S DISEASE, DIABETES)

ORGAN DYSFUNCTION (LIVER OR KIDNEY ISSUES)

INFECTIONS (URINARY TRACT INFECTIONS, TICK-BORNE DISEASES)

INJURIES (RECENT OR PAST TRAUMA, MUSCLE STRAIN)

SENSORY LOSS (PARTIAL OR FULL HEARING OR VISION LOSS)

GASTROINTESTINAL PAIN (ULCERS, INFLAMMATORY BOWEL DISEASE, PANCREATITIS, ETC.)

NOTE: EVEN SUBTLE DISCOMFORT CAN LOWER A DOG'S TOLERANCE AND INCREASE AGGRESSIVE RESPONSES. A DOG DOESN'T HAVE TO BE VISIBLY LIMPING OR CRYING OUT TO BE IN PAIN.

IT'S NOT FAIR TO EXPECT YOUR DOG TO CHANGE THEIR BEHAVIOR IF THEY'RE HURTING. AND IT'S NOT FAIR TO MAKE A LIFE-ALTERING DECISION WITHOUT KNOWING YOU'VE RULED OUT PAIN AND ILLNESS AS CONTRIBUTING FACTORS.



BEHAVIOR SNAPSHOT

UNDERSTANDING WHAT'S HAPPENING

WHAT TYPES OF BEHAVIOR ARE YOU SEEING FROM YOUR DOG? CHECK ALL THAT APPLY:

- GROWLING OR SNARLING
- SNAPPING (NO CONTACT)
- BITING (CONTACT, NO INJURY)
- BITING (CAUSED BRUISING OR MINOR WOUND)
- BITING (CAUSED SERIOUS INJURY REQUIRING MEDICAL CARE OR PUNCTURE)
- BITING (MULTIPLE BITES OR REPEATED ATTACKS)
- RESOURCE GUARDING (FOOD, TOYS, SPACE, ETC.)
- REACTIVITY ON LEASH
- AGGRESSION TOWARD VISITORS OR STRANGERS
- AGGRESSION TOWARD CHILDREN
- AGGRESSION TOWARD OTHER ANIMALS IN THE HOME
- TERRITORIAL OR PROTECTIVE AGGRESSION
- FEAR-BASED AGGRESSION
- SEVERE ANXIETY
- OTHER: _____

HOW OFTEN DOES THE BEHAVIOR OCCUR?

- RARELY (1-2X A MONTH OR LESS)
- OCCASIONALLY (3-4X A MONTH)
- FREQUENTLY (FEW TIMES A WEEK)
- DAILY OR MULTIPLE TIMES A DAY

HAS THE BEHAVIOR CHANGED OVER TIME?

- STAYED THE SAME
- IMPROVED
- GOTTEN WORSE
- NOT SURE

HOW PREDICTABLE IS THE BEHAVIOR?

- I USUALLY KNOW WHAT TRIGGERS IT
- SOMETIMES I CAN TELL, BUT NOT ALWAYS
- IT SEEMS TO HAPPEN RANDOMLY
- IT USED TO BE PREDICTABLE, BUT NOW IT'S NOT
- I DON'T KNOW WHAT CAUSES IT

WHAT IT TAKES TO KEEP EVERYONE SAFE

WHAT ARE YOU CURRENTLY DOING? CHECK ALL THAT APPLY:

- AVOIDING SPECIFIC SITUATIONS (E.G., NO VISITORS, NO WALKS)
- USING BABY GATES, CRATES, OR BARRIERS IN THE HOME
- ALWAYS KEEPING THE DOG LEASHED OR MUZZLED AROUND OTHERS
- CLOSELY SUPERVISING INTERACTIONS
- SEPARATING THE DOG FROM CHILDREN OR OTHER PETS
- GIVING VET-PRESCRIBED MEDICATION
- WORKING WITH A CERTIFIED TRAINER OR BEHAVIOR CONSULTANT
- PRACTICING BEHAVIOR MODIFICATION REGULARLY
- AVOIDING PUBLIC SPACES OR CHANGING YOUR SCHEDULE
- OTHER: _____

HOW MANAGEABLE IS YOUR CURRENT ROUTINE?

- IT WORKS WELL, AND I FEEL CONFIDENT
- IT'S EXHAUSTING, BUT STILL DOABLE
- I FEEL LIKE I'M WALKING ON EGGSHELLS
- I WORRY IT'S ONLY A MATTER OF TIME BEFORE SOMETHING HAPPENS
- I'M OUT OF OPTIONS AND OUT OF ENERGY



It's important to ask yourself:

What happens if management fails? Who could be at risk, and what would the consequences be?



QUALITY OF LIFE

FOR BOTH YOU AND YOUR DOG

WHAT HAS THIS SITUATION COST YOU?

CHECK ANY THAT FEEL TRUE FOR YOU (EMOTIONALLY, FINANCIALLY, SOCIALLY, OR OTHERWISE):

- I'VE HAD TO CHANGE MY LIFESTYLE SIGNIFICANTLY
- I AVOID HAVING GUESTS OR SOCIALIZING
- I'VE SPENT A LOT OF TIME AND MONEY TRYING TO HELP
- MY MENTAL HEALTH HAS SUFFERED
- I FEEL AFRAID IN MY OWN HOME
- I FEEL ISOLATED OR UNSUPPORTED
- I'M DOING OKAY, BUT IT'S TAKING A TOLL
- OTHER: _____

WHAT HAS THIS SITUATION COST YOUR DOG?

CHECK ALL THAT APPLY:

- THEY CAN'T ENJOY NORMAL DOG EXPERIENCES (WALKS, PLAY, VISITORS)
- THEY'RE OFTEN STRESSED, ANXIOUS, OR HYPERVIGILANT
- THEY SPEND A LOT OF TIME ISOLATED OR CONFINED
- OUR RELATIONSHIP FEELS DISTANT OR STRAINED BECAUSE I'M AFRAID
- THEY'RE ON MEDICATIONS THAT DON'T SEEM TO BE HELPING
- TRAINING SEEMS TO CAUSE THEM STRESS OR ISN'T PROGRESSING
- THEY NO LONGER SEEM HAPPY OR RELAXED
- OTHER: _____

When you're facing a decision like behavioral euthanasia, it's not just about one moment — it's about the life your dog is living, and the life you're living with them. The constant stress, fear, isolation, and hypervigilance can take a significant toll on your mental health, relationships, and daily functioning. At the same time, your dog may be living with chronic anxiety, limited freedom, or frequent distress. These realities don't mean you're at fault — they simply highlight why quality of life matters so much in these decisions. Recognizing that a situation is no longer fair or sustainable for you or your dog doesn't mean you're giving up. It means you're being honest.



EMOTIONAL CHECK-IN

HOW ARE YOU HOLDING UP?

THIS SECTION IS JUST FOR YOU. THERE ARE NO RIGHT ANSWERS — ONLY HONEST ONES. TAKE A DEEP BREATH AND CHECK IN WITH HOW THIS EXPERIENCE IS IMPACTING YOU.

WHAT EMOTIONS COME UP MOST OFTEN WHEN YOU THINK ABOUT YOUR DOG'S BEHAVIOR?

CHECK ALL THAT APPLY:

- | | | | | | |
|--------------------------|------------|--------------------------|------------------|--------------------------|--------------|
| <input type="checkbox"/> | GUILT | <input type="checkbox"/> | FEAR | <input type="checkbox"/> | ANGER |
| <input type="checkbox"/> | RESENTMENT | <input type="checkbox"/> | GRIEF | <input type="checkbox"/> | SHAME |
| <input type="checkbox"/> | SADNESS | <input type="checkbox"/> | CONFUSION | <input type="checkbox"/> | HOPELESSNESS |
| <input type="checkbox"/> | LOVE | <input type="checkbox"/> | ALL OF THE ABOVE | <input type="checkbox"/> | OTHER: _____ |

WHAT THOUGHTS HAVE BEEN ON YOUR MIND LATELY?

CHECK ALL THAT APPLY:

- I FEEL LIKE I'M FAILING MY DOG
- I JUST WANT SOMEONE TO TELL ME WHAT THE RIGHT THING IS
- I'M AFRAID OF WHAT OTHER PEOPLE WILL THINK
- I'M SCARED SOMEONE WILL GET HURT
- I'VE DONE EVERYTHING I CAN, AND IT'S STILL NOT ENOUGH
- I FEEL COMPLETELY ALONE IN THIS
- I LOVE MY DOG, BUT I CAN'T DO THIS ANYMORE
- OTHER: _____



THE EMOTIONAL TOLL

The emotional toll of navigating serious behavior issues — and the possibility of rehoming or euthanasia — is often invisible to others, but it's very real. If you're feeling overwhelmed, numb, angry, or hopeless, it doesn't mean you're weak or incapable. It means you're in a painful and complicated situation, and your emotions deserve care, too.

It's completely normal to feel angry or resentful toward your dog, especially when you may be living in fear, sacrificing parts of your life, or grieving the future you hoped to have with a dog. Having these feelings doesn't make you a bad person. It makes you human.

Talking to a licensed mental health professional can be incredibly helpful, and I always recommend it for any of my clients facing difficult dog behavior issues at home.

Whether you already have a therapist or need help finding one, this kind of support can make a meaningful difference. Even just a single session can give you some space to process everything you're dealing with, without fear of judgement.



LOOKING FOR MENTAL HEALTH SUPPORT?

- [Psychology Today](#): Find licensed therapists in your area or via telehealth
- [BetterHelp](#): Professional therapy with a licensed therapist
- [Talkspace](#): Online therapy & psychiatry
- Check with your health insurance to learn about coverage and in-network providers in your area



EXPLORING YOUR OPTIONS

When aggressive behavior in dogs becomes a serious concern, it can feel like every choice comes with emotional weight and risk. But knowing your options can bring peace of mind. Here's an overview of the paths most commonly considered in difficult behavior cases.

STRICT MANAGEMENT

Strict environmental controls, like gated separation, leashing, muzzling, and supervised routines, can provide safety when done thoughtfully. But it's important to remember that management is never fail-proof. Even small mistakes (like a gate not latching completely) can lead to serious consequences, including serious injury, legal liability, emotional burnout, or compromised quality of life for both you and your dog.



MANAGEMENT + BEHAVIOR MODIFICATION

Pairing training and behavior modification (like counterconditioning and differential reinforcement of incompatible behaviors) with environmental management offers a path toward change. This approach takes time, consistency, and professional guidance, but many aggression and anxiety cases improve significantly with correct protocols. However, it's important to know that no behavior change can be guaranteed.



REHOMING

In certain, narrowly-defined situations, rehoming a dog may be an option — particularly if their aggression is context-specific (e.g., fear of children, conflict with other dog(s) in the home) and an adoptive home without those triggers is available.

But be mindful: placing aggressive dogs ethically requires full disclosure to new guardians, and suitable adoptive homes can be very rare. You may also be at risk of legal liability if the dog causes damages or injury in the future, even if you gave full disclosure of their behavior challenges. Home-to-home adoption needs to be done carefully with screening and other precautions taken to protect yourself.

You may be able to reach out to local rescues or shelters to inquire if they would be able to take your dog and put them up for adoption. But be aware that no- or low-kill shelters will often not be able to take your dog, as they cannot place many dogs with known behavior issues or bite histories due to legal liability.



EXPLORING YOUR OPTIONS (CONT.)

DOG SANCTUARY

Some sanctuaries offer lifetime care for dogs whose behavioral needs exceed what most homes can safely manage. However, these options are rare, have wait lists, and may not always provide the quality of life you'd hope for your dog.



BEHAVIORAL EUTHANASIA

When aggression presents an ongoing, unpredictable risk to people or animals — or when management and behavior modification have not resolved the behavior — behavioral euthanasia may be considered as a final choice. This decision often stems from recognizing that a dog's quality of life, as well as the safety and well-being of people in the home, other pets, and surrounding community (the public and their animals), cannot be maintained otherwise.



It's crucial to work with a qualified professional who has experience with complex behavior cases — ideally a certified canine behavior consultant or board-certified veterinary behaviorist. These professionals are trained not just in obedience and manners, but in the science of fear, aggression, and learning.

A veterinary behaviorist can also assess for medical or neurological contributors and prescribe medications, if needed.

However, finding and getting access to veterinary behaviorists can be challenging, especially depending on where you live. Waitlists are often long and it can be cost-prohibitive. Certified applied animal behaviorists (CAAB) or certified canine behavior consultants (CDBC or CBCC-KA) are your next best options.

If you're working with a local trainer or behavior consultant, ask questions about their methods and experience with serious behavior issues. Avoid approaches that rely on fear, pain, or intimidation, as these can contribute to increased aggression over time. A good trainer or behavior consultant should help your dog feel safer — not just act more compliant.

If you're unsure where to start, the International Association of Animal Behavior Consultants ([IAABC](#)), Certification Council for Professional Dog Trainers ([CCPDT](#)), and the American College of Veterinary Behaviorists ([ACVB](#)) all have directories.





SELF-REFLECTION & DECISION TOOL

This page is meant to help you bring together everything you've reflected on so far in this workshop. Look back at your notes on your dog's behavior, safety & management, your emotional well-being, and your dog's quality of life. Answer the following questions honestly.

<p style="text-align: center;"><u>SAFETY</u></p> <p style="text-align: center;">CAN I RELIABLY KEEP PEOPLE AND OTHER ANIMALS SAFE AROUND MY DOG?</p> <p><input type="checkbox"/> YES, EASILY</p> <p><input type="checkbox"/> YES, NOT EASILY</p> <p><input type="checkbox"/> NO, THERE IS REAL RISK</p>	<p style="text-align: center;"><u>QUALITY OF LIFE</u></p> <p style="text-align: center;">IS MY DOG LIVING A LIFE WHERE THEY FEEL SAFE, ENGAGED, AND ABLE TO EXPRESS NORMAL BEHAVIORS?</p> <p><input type="checkbox"/> MOST OF THE TIME</p> <p><input type="checkbox"/> SOMETIMES</p> <p><input type="checkbox"/> NO, IT'S RESTRICTED</p> <p style="text-align: center;">IS MY QUALITY OF LIFE SUSTAINABLE UNDER CURRENT CIRCUMSTANCES?</p> <p><input type="checkbox"/> YES <input type="checkbox"/> NO</p>
<p style="text-align: center;"><u>CHANGE OVER TIME</u></p> <p style="text-align: center;">IS THE BEHAVIOR CHANGING?</p> <p><input type="checkbox"/> IMPROVING</p> <p><input type="checkbox"/> STAYING THE SAME</p> <p><input type="checkbox"/> GETTING WORSE</p>	<p style="text-align: center;"><u>SUPPORT</u></p> <p style="text-align: center;">DO I HAVE ACCESS TO/ABLE TO AFFORD PROFESSIONAL HELP I CAN TRUST?</p> <p><input type="checkbox"/> YES</p> <p><input type="checkbox"/> NOT YET, BUT LOOKING</p> <p><input type="checkbox"/> NO</p>



CONSIDERATIONS

DECISION CHECK-IN

If safety cannot be maintained, quality of life is poor, or the situation is worsening despite efforts, it may be time to seriously consider rehoming or behavioral euthanasia.

If safety is maintained, quality of life is good, and behavior is improving, ongoing management and training may be a viable path.

This is not a pass/fail test. It's a way to see your reality more clearly, so you can decide your next step with intention and compassion.

ADDITIONAL EVALUATION IDEAS

1. Step Away Briefly: If safe to do so, arrange for your dog to stay at a boarding facility, with a trusted friend, or with family for a few days. Notice how you feel without the daily stress of management. Do you feel relief, sadness, or both? This time can help you check in with your emotions more honestly.

2. Schedule the Talk: Rather than discussing the situation randomly, set a dedicated time for the whole household to share thoughts and experiences. Give each person a chance to speak without interruption. Then, schedule a follow-up a few days or a week later to revisit the conversation.

3. Identify Your “Last Straw”: Ask each person: What would make me certain this situation is no longer safe or sustainable? Knowing your “line in the sand” can help clarify the decision when emotions are high.

4. Keep a Journal: For a week or two, write down your dog's behaviors, your management steps, and how you felt each day. This can reveal whether things are improving, holding steady, or getting harder.

5. Revisit Quality of Life: Review the quality of life questions you answered earlier for both yourself and your dog. See if anything has changed — even small shifts can influence your next steps.

6. Seek Outside Perspective: If you haven't already, consider meeting with a qualified behavior professional or veterinary behaviorist. An experienced, neutral perspective can provide clarity and peace of mind.



Need someone to talk to?



If you're still unsure — or if your answers show a mix of “yes” and “no” — this is the time to reach out for help. A decision like this isn't something you should have to face alone.

My Guidance & Grace Virtual Consultation is designed for exactly these moments. Together, we'll talk through your unique situation in a safe, judgment-free space. We'll look honestly at your dog's behavior, your resources, your limits, and your hopes. I'll give you an initial prognosis and explain what, if any, behavior modification and training might be recommended. My role is not to tell you what to do, but to help you gain the clarity and confidence to make the choice that feels right for you and your dog.

You've already taken an important step by working through this workbook. That shows your commitment to making the most thoughtful, compassionate decision you can. Whatever path you choose, I want you to know this: You are not a bad person for asking these questions. You are a caring, responsible guardian doing your best in an incredibly hard situation.

If you're ready for support, I invite you to book a Guidance & Grace Consultation. Let's take this next step together, so you don't have to carry the weight of this decision on your own. [Learn more and book a consultation here.](#)

Or [email me](#) if you'd like help with an in-person referral in your local area.

LOVING A DOG SOMETIMES MEANS MAKING CHOICES THAT BREAK YOUR HEART. LET YOUR DECISION BE GUIDED BY COMPASSION, FOR BOTH YOUR DOG AND YOURSELF.



IF YOU CHOOSE BEHAVIORAL EUTHANASIA

WHAT TO EXPECT

If you decide that behavioral euthanasia is the most compassionate option, it can help to know what to expect. The goal is to make the process calm and with as little stress as possible, especially for your dog.

Many families choose in-home euthanasia so their dog can be in a familiar, comfortable space. Dogs often find trips to the vet office stressful and overwhelming, which is not what we want them to experience in their last moments with us.

I recommend services like [Lap of Love](#), who have veterinarians who specialize in at-home visits and compassionate understanding of behavioral euthanasia.

Most veterinarians will first give your dog a sedative so they can relax and be comfortable. This is especially important for dogs that become extremely stressed with unfamiliar people or handling. A veterinarian may have you administer the initial sedative medications prior to their arrival, to further lessen stress. Your veterinarian may request your dog to be muzzled, depending on their bite history — safety measures depend on your dog's behavioral history and veterinarian's preferred protocols.

Once your dog is fully sedated, you often have time to spend with your dog before the euthanasia takes place. For some people, this is the first time they are able to truly pet and cuddle with their dog.

A final injection is given that allows your dog to pass peacefully and painlessly. Euthanasia means "good death," and it is the veterinarian's goal to ensure your dog feels safe, comfortable, and deeply cared for until their very last moment.

GRIEF SUPPORT

Grief after behavioral euthanasia can be complicated. You might feel relief, guilt, sadness, numbness, or a combination of these. Every feeling is valid. Connecting with support is essential.

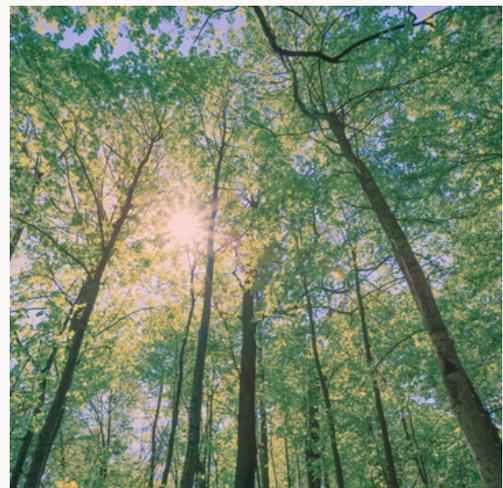
Consider some [ways to honor the love and care you had for your dog](#), if that helps you process.

[Losing Lulu](#) is a private Facebook group where dog guardians can connect with others who truly understand the complexity of behavioral euthanasia. You can only join after having to make this difficult choice — not before.

Lap of Love also offers a specialized [Behavioral Euthanasia Support Group](#), held virtually every month. Participants must pre-register to access the session led by experienced grief professionals.

Cornell University College of Veterinary Medicine has a [Pet Loss Support Hotline](#) staffed by volunteer veterinary students who have extensive training with professional grief counselors.

You are not alone in this. There are people and communities who understand what you are going through and can walk alongside you in the days and weeks ahead.





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As a certified professional dog trainer and canine behavior consultant, Cathy strives to help humans and their pets build a strong relationship based on trust and clear communication through humane dog training methods.

Cathy is certified through the Certification Council of Professional Dog Trainers, earning both the CPDT-KA and CBCC-KA designations. Cathy is a Family Dog Mediator and a Fear Free Certified Certified Professional.