



# Submissive and Excitement Urination

## Submissive Urination

Submissive urination is a normal appeasement behavior that a dog performs when they are trying to avoid conflict. This response is based on the dog's perception of a threat, not the person's intention. Submissive urination may decline or stop as your dog gains confidence.

### Your dog may be submissively urinating if:

- They are somewhat shy, fearful or anxious.
- Someone greets them by bending over him and reaching down to pet them.
- There's a history of rough treatment or punishment or after being scolded.

### What Can You Do?

- Talk to your veterinarian to rule out medical reasons for the behavior.
- Keep greetings low-key. Consider ignoring them or taking out to potty before greeting.
- Encourage and reward confident postures; give attention and pet when they are standing or sitting.
- Give an alternative to behaving submissively - have them "sit" or "shake" as you approach and reward for following your cues or engage fetch and greet when the item is brought to you.
- Avoid direct eye contact – approach by presenting your side, look away.
- Get down on the level of the dog by bending at the knees rather than leaning over from the waist.
- Pet under the chin rather than on top of the head.
- Approach from the side, rather than from the front, and/or present the side of your body, rather than your full front.
- Don't punish or scold - this will only make the problem worse.
- While practicing, try and have as many greetings as possible occur outside.

## Excitement Urination

Excitement urination usually resolves on its own as a dog matures, if it's not made worse by punishment or inadvertent reinforcement.

### Your Dog May Have an Excitement Urination Problem If:

- Urination occurs when your dog is excited.
- Urination occurs when your dog is less than one year old.

### What Can You Do?

- Take your dog to the veterinarian to rule out medical reasons for the behavior.
- Keep greetings low-key. Talking in an excited or high-pitched tone of voice can cause it.
- Ignore them until calm.
- Do not punish or scold your dog.