

Changing My Self-Talk

Recognize Negative Talk	Refute	Replace with Positive/Possibility talk
Nox has a lot of behavior issues that will prevent me from reaching my goals.	We had very limited help initially, so I didn't know how to address the issues for the first couple of years. Also, the only timeline that matters is mine. And... Nox is only three! What if she is the dog I needed even if she wasn't the dog I thought I wanted?	Because of our struggles, I have sought out numerous resources on behavior and training. Through this journey, I have learned an immense amount of knowledge that I can apply to my own training, but I have also helped others with their dogs. I have also completely reframed my philosophy on dog training and behavior in a positive way.
I don't have the knowledge I need to run my dog well. Maybe I'm not good enough for her and never will be.	Nox is the first dog of such high drive and intensity that I've ever trained or lived with. What if we really could make it to national level events one day??	I have made a lot of progress and learned SO much. Tracy told me we were ready to participate in her higher level seminars, so we must be doing ok!
I haven't earned very many important titles, so I am not qualified to teach advanced handling classes to other handlers. (Imposter Syndrome!)	The reasons I haven't earned big titles are related to my previous dogs' health and behavior issues (the latter preventing me from having another dog in the house until she was gone). Finances and my work schedule have also gotten in the way. Titles don't necessarily equate to skill level.	I earned a NATCH with a dog who I never thought would earn any titles at all. My students love my class and are making great progress, which proves they are learning!