

The Positive Interrupter



A **“Positive Interrupter”** is a signal that you train in advance, which can help you to distract your dog from a destructive, repetitive, or tense situation in a positive manner. This signal translates to “Please stop what you are doing and look to me for more direction.”

Teaching a positive interrupter is a better alternative to verbal reprimands, which can frighten a dog and break down the relationship.

A positive interrupter is taught in a similar fashion to the ‘Watch me’ cue.

- Make a short, simple noise, such as a kissy noise. Follow immediately with a click and a treat.
- Repeat for a few sessions to help build a positive association to the noise.
- If you start to notice that your dog is eagerly looking toward you when they hear the noise, you have made a connection!
- Now, make the noise. Wait until your dog looks at you, then click and treat.
- For a video example of this exercise, please watch:
<https://www.youtube.com/watch?v=TBvPaqMZyo8>

Trainer Tip: Practice often and randomly throughout the day when you don’t need to get your dog’s attention, so that when you do need it (for example, when they are chewing something they shouldn’t have), they are more likely to respond. Practice makes progress!

For more information on using the positive interrupter, please read:

[What-can-I-do-instead-of-saying-No-or-EhEh? Try a Positive-Interrupter!](#)