

say it once



by

RYAN G WILLIAM

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Introduction

Why Saying It Once Matters

You're about to learn the steps to get your dog hoping and even begging for you to say a command. My process will change your dog's response from:

"Boring, why would I do that? I'll play keep away instead."

To:

"About time you gave me a command! I'm in! Let's go!"

Listen, I think we've all been there: calling out the same command multiple times, hoping for that magical moment when your dog finally listens.

But here's the thing: repeating commands actually *weakens* their effect. The more you repeat, the more your dog learns that they don't have to respond the first time.

Training your dog to respond the first time isn't just about discipline; it's about creating clear, consistent communication that strengthens your bond and makes life easier for both of you. In this guide, I'll walk you through the principles and techniques that will make "say it once" a reality.

By the end, you'll have the tools you need to get your dog to take action the first time!

Step-By-Step Guide

Step 1: Establish Clear Expectations

Dogs thrive on consistency and structure. Before you even say a command, make sure your dog knows what's expected of them.

Tips for Setting Expectations:

- Choose clear, simple commands (like "sit" or "come") and stick to them.
- Use the same tone of voice for each command.
- Help the command stand out by saying it a little louder and with more energy than you normally speak (But make sure you sound happy not stern).
- Limit talking. Fewer words make it easier for your dog to focus on the command.

*Critical Note: Make sure your dog is wearing a leash! When teaching your dog something, it's very important that you can guide them even when at a distance. I always start with a leash on until the dog is so good I don't use it anymore.

Step 2: Use Great Rewards

For your dog to respond the first time, they need to see listening as a rewarding choice. Use treats, toys, praise, and affection as powerful rewards.

How to Reward Correctly:

- At first reward immediately after they follow your command, so they connect the action with the reward.
- Once they know the command, be unpredictable with your rewards. Sometimes give a treat, sometimes offer praise.

- **Become like a slot machine in Vegas!** Sometimes they get one small treat, sometimes they get a whole handful! This keeps them excited, as they never know exactly what's coming.

Step 3: Only Say the Command Once

This is the crux of the training. Say the command only once, then do something physical so they have to do it!

It really is this simple! This is what most dog owners miss. They wait and hope or start repeating themselves which is a huge mistake!

Once you say the command there is this magic moment where you prove to your dog that it is NOT optional.

You're making very clear to your dog that:

"You have to come and you have to do it right now! And guess what? You'll have fun doing it because I came prepared."

You'll eventually get to the point where your dog will respond so quickly that you won't have to make it happen anymore. It'll become your dog's default action!

What to Do If They Don't Listen:

- Use a correction (like a tug on the leash or an e-collar) to encourage them to follow through.
- Always end the exercise on a positive note. You can do this by doing a simple command that they always get right (like sit) or a simplified version of the command they are getting wrong.
- Example: my dog ignores me and doesn't come when called when 20 ft away. So I try again when they are only 4 ft away with their leash in one

hand and a treat in the other. This sets my dog up for success so we can end on a good note.

Step 4: Practice in Different Environments

Your dog's ability to listen will vary depending on the environment.

Practicing commands in different places helps them understand that the same rules apply no matter where they are.

Practice Tips:

- Start in a quiet, distraction-free environment (like your living room).
- Gradually increase the difficulty by going places with a little more action (more smells, people, dogs, critters, motion).
- Keep sessions short and fun, around 5-10 minutes, to keep them interested.

Troubleshooting

Common Mistakes and How to Avoid Them

Problem 1: Dog Ignores Commands in New Environments

Solution: Go back to basics and reduce distractions. Once they succeed, slowly increase distractions over time. If they are still struggling, it usually means the distractions are too close. Practice somewhere the distractions are off in the distance and gradually get closer!

Problem 2: Dog Only Listens When You Have Treats

Solution: gradually phase them out by using praise or play as a reward. This makes them respond out of habit, not just for food. Also, try teaching them that they will randomly hit the jackpot!

Like a slot machine in Vegas, they will keep following your command for that occasional big win.

Final Tips for Long-Term Success

- **Stay Consistent:** The more consistent you are, the more reliable your dog's response will be.
- **Keep Training Fun:** Dogs learn best when they're having fun. Keep things lighthearted and engaging.
- **Be Patient:** You should see immediate improvement, dogs learn quickly if you follow the steps I've outlined. BUT they have a hard time generalizing at first.
 - Here's what I mean, if you practice sit in the kitchen your dog will do great there, but if you go to the park it feels like starting all over again. You have to practice it in several places many times, and it'll finally click and your dog will be good at doing it everywhere. It can be extremely frustrating but a little patience will get you there I promise!

Time to Take Action!

By following these steps, you're on the path to having a dog who listens the *first time*, every time. Remember, the key is consistency and clear communication. You've got this!



Train Walk Poop

DO THIS NEXT TO TURBOCHARGE YOUR RESULTS!

You are in possession of a guide that can save you months of frustration. But unless you take action with this guide, it'll remain an underutilized tool that sits on your hard drive. It's like having the keys to your dream car and keeping it parked in the garage!

So, you have two choices. You can keep doing what you have been doing and get the same results. Or you can get a customized training program for your dog, giving you a step-by-step process to follow for success.

During the consultation call, we will help you select the perfect training program based on your dog's age and your training goals.

Once your training program is booked, you will get immediate access to training videos and vital tips you can implement today. We want you to start seeing results now even before your dog's first day of training with us!

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