

What Professionals Consistently See in Dogs with **Separation-Related Problems**

Insights from clinical experience research across Nordic dog training, behaviour and veterinary professionals (Almquist et al., 2026).

More than one behaviour



Dogs struggling when left alone often show noise sensitivity, environmental anxiety, or general emotional reactivity.

Adolescence can increase vulnerability



Many cases begin or worsen during adolescence, when emotional regulation systems are still developing.

Learning history shapes coping



Inconsistent or stressful learning experiences may increase vulnerability in sensitive dogs.

Life changes can trigger problems



Changes in routine, household structure, or environment often appear before separation problems start or worsen.

Some patterns appear across populations



Some breed types appear often in referral populations.

Dogs and humans influence each other



Guardian stress, anticipation, and routine patterns can influence how dogs experience separation.