The Stress Escalation Ladder

Turid Rugaas

Low Level of Stress

Escalated Level of Stress

Extreme Level of Stress
Pet is forced to take action

Displacement Behaviors

- Sniffing the ground
- Scratching

Calming Signals

- Yawning
- Lip licking
- Looking away
- Turning away
- Moving slowly

Stress Reactions

- Panting
- Pupil dilation
- Shaking off adrenaline
- Sweating paws
- Trembling/shaking
- Whale eye
- Hackling

Focus

- Loss of calming signals
- Closed mouth
- FREEZE

Preparing to Defend

- Showing teeth
- Growling