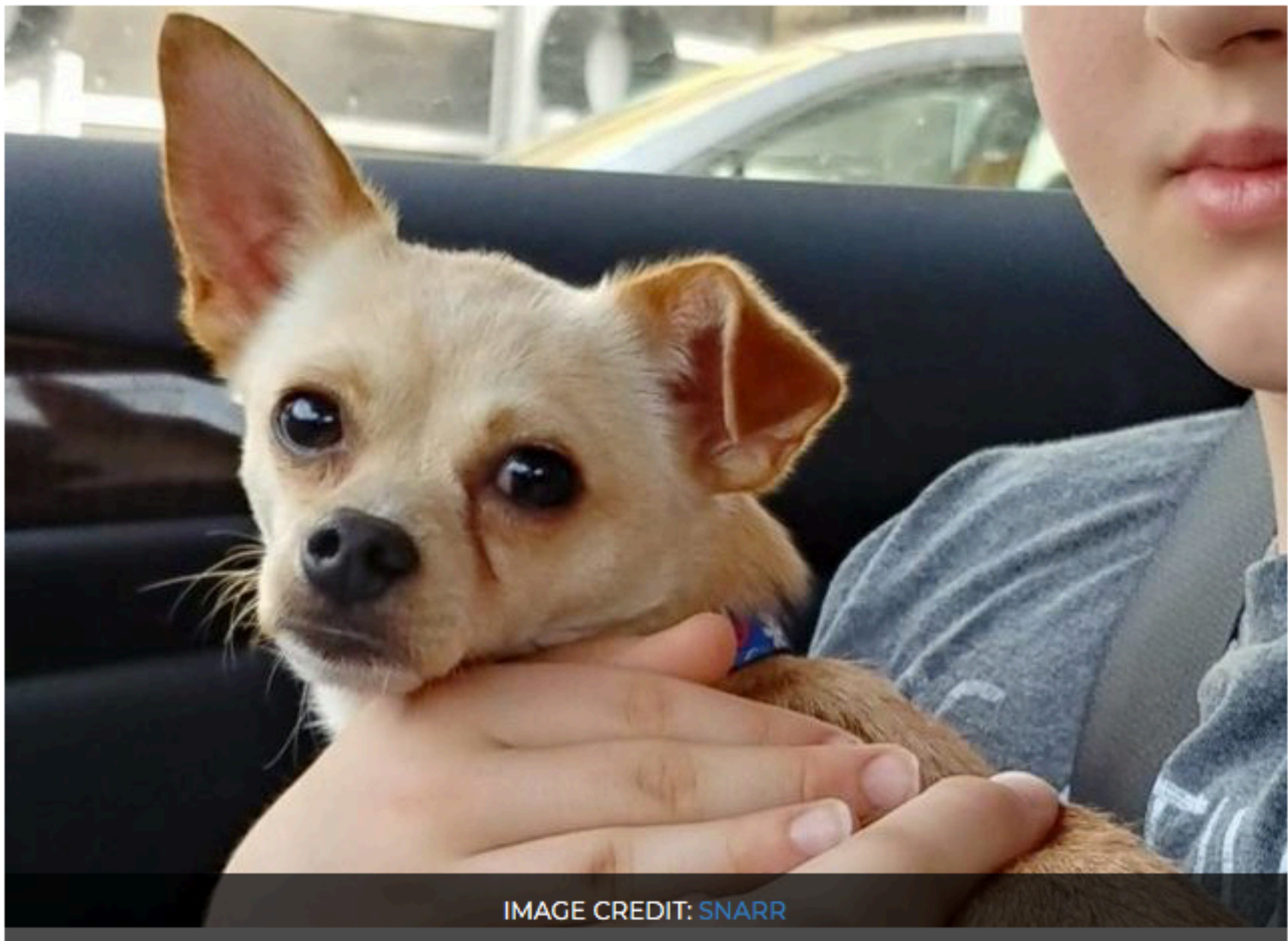


4. Introduce family members, pets, and friends gradually.

Getting a new dog is an exciting event, but she needs time to adjust to each new stimulus slowly. During introductions, make sure she can escape to her safe spot if she becomes overwhelmed.

5. Keep in mind, many of the daily items and activities we take for granted could be entirely new for your pooch.

Cars, doorbells, vacuum cleaners, strange humans and any number of triggers can induce a fearful reaction.



6. Don't be afraid to ask for help.

If you are concerned that your rescue dog is having trouble acclimating or displaying concerning behaviors like fear biting or [resource guarding](#), reach out to a trainer with experience in rehabbing traumatized rescue dogs or consult with a veterinary behaviorist.