



**Quick, playful, and proven—
3Minute training that
fits your busy life.**

*by Cathy Peters
illustrated by Debbie Keegan*



Chapter 2: 3Minutes to a Good Dog—The Method

Sheldon's Side of the Leash

Hi, Sheldon here again. I'm a proud graduate of the *3Minute Method*. If you're flipping through this book hoping for a dog who actually obeys (instead of tilting his head while you chant **'SIT'** like it's a spell), you're in the right place.

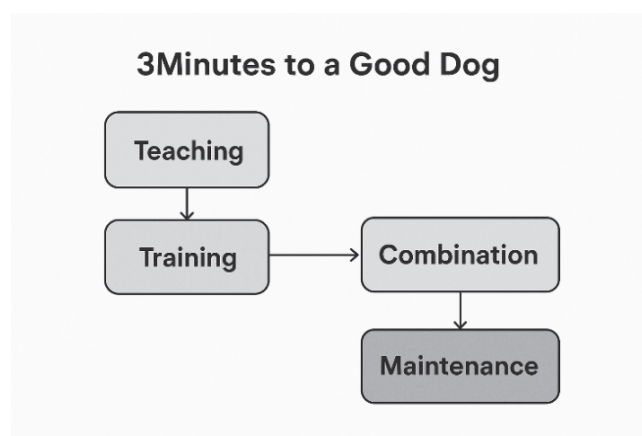
This isn't long, drawn-out training—it's a short, fun, playful approach created by Cathy Peters, a master trainer who's worked with every kind of dog you can imagine. Cathy's method speaks our language—kind, clear, and consistent.

Each session is just three minutes. That's right: three magical minutes where you teach us, train us, and build trust. So, if you've got five treats and three minutes, we've got the start of something amazing.

Whether you're wrangling a spirited pup or guiding an older dog toward better manners, this system fits easily into your daily routine. I'll let Cathy explain; she's way better at it than I am.

Cathy's 3Minute Method

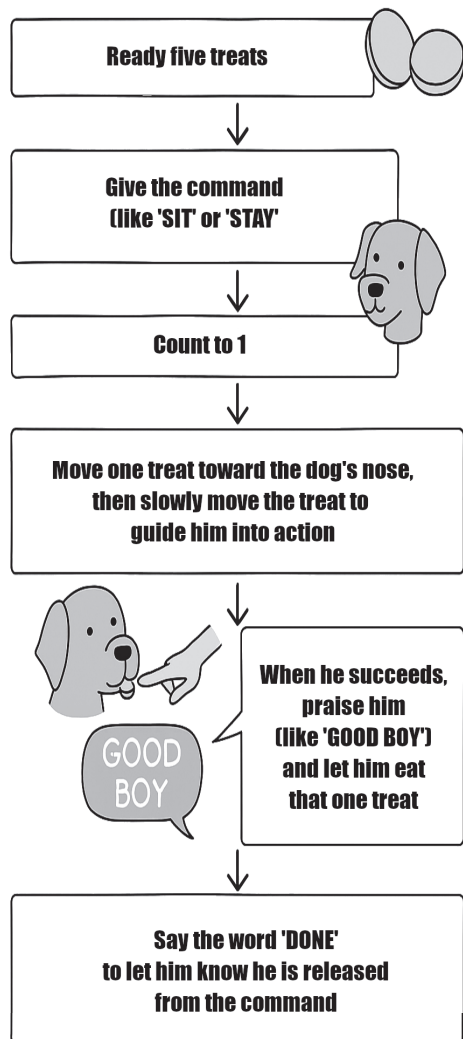
Each session is brief and layered into one of four key phases:



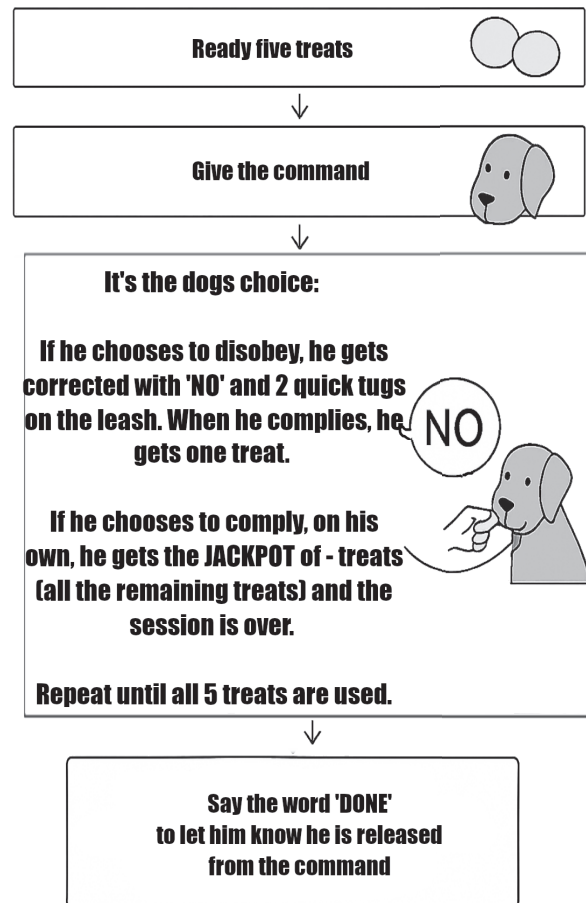
The method begins with two fundamental phases—TEACHING and TRAINING—where your dog starts building his vocabulary and learning how to communicate with you in meaningful ways.

The diagram below maps out how these phases unfold, and the rest of this chapter dives deeper into each step of that progression.

TEACHING



TRAINING



Make sure you play with you dog when the session is over. Your dog will soon learn that the quicker he complies, the more treats he gets and the sooner he can play.

Phase 1: Teaching

This is where you introduce a new command and help your dog associate it with a specific action.

Start in a quiet, distraction-free space

- 🐾 Get out five treats
- 🐾 Give the command (like **'SIT'** or **'STAY'**)
- 🐾 Count to 1
- 🐾 Move one treat toward the dog's nose, then gently guide him into the action
- 🐾 When he succeeds, praise him (like **'GOOD BOY'**) and let him eat that one treat
- 🐾 Say the word **'DONE'** to let him know he is released from the command
- 🐾 Then repeat the same command for a total of five repetitions – once all treats are used—the session is complete!



TIP: Pause before the treat—timing matters.

After saying a command like **'SIT'** or **'DOWN'**, wait one full second before presenting 1the treat. That brief pause helps your dog focus on the word, not just the smell of the reward.

When your dog starts responding to the word *before* the treat appears, you'll know he truly understands what it means.

Phase Two: Training

Now that your dog knows what the command word means, it's time to show him the difference between a mistake and a reward. This is where you set up situations that get him to make a mistake so you can teach him an effective correction. A correction is saying the word **'NO'** while giving 2 quick tugs on the leash. Timing is crucial. Your **'NO'** and tugs must happen while the dog is in the act of making the mistake. This ensures that he understands what he is being corrected for. It's also critical that you keep the leash loose when he is *not* making a mistake. See Appendix 1 and Appendix 2 for information on finding the effective training equipment for your dog.

- ✿ Set up a real-world scenario (a family member knocks on the door, a friend walks past the two of you in the yard)
- ✿ Get your five treats ready
- ✿ Give the command
- ✿ If your dog doesn't obey, give a correction by saying the word **'NO'** while giving 2 quick tugs on the leash. Then immediately repeat the command and help him comply.
- ✿ Reward with one treat when he complies. Tell him he's **'DONE'**.
- ✿ As he begins to comply without correction or help, you will reward him with the rest of the treats as a **JACKPOT**. For example, if he complies without correction on repetition number 4, he gets treats 4 and 5 as a **JACKPOT**. If he complies on the 3rd repetition, he gets treats 3, 4, and 5 as a jackpot. He will soon see the pattern that the sooner he complies, the bigger the **JACKPOT**, the shorter the session, and the sooner he gets back to playtime.
- ✿ Once the fifth treat is handed out, the session is over



TIP: Timing is very important. The word **'NO'** and the tugs on the leash must happen at the same time and must also happen at the time your dog is *making* the mistake. If you correct him afterwards, you will confuse him.

The goal is for your dog to understand that good behavior earns praise and treats, while ignoring commands leads to a correction. Once they start responding consistently on the first try, they're ready for phase three.



Phase Three: Combination

Blending commands builds real-world behavior.

With commands, you're creating a smooth, respectful routine your dog can follow with confidence.

Example: Company at the Door

Step	Event	Action	Result
1	Guests arrive	say 'HEEL, SIT, STAY'	Your dog walks calmly to the door, sits nearby, and stays put while you greet your guests.
2	Guests enter	reward with praise, petting, or a treat	This reinforces polite behavior and builds positive associations.
3	Everyone settles	say 'COME, DOWN, STAY'	Your dog joins the group but relaxes while you entertain. A chew toy helps keep him content.

Why it works:

You're not just giving commands—you're creating a pattern. It's leadership in motion, and your dog learns how to be part of the moment, not just a bystander.

This phase shows your dog how to apply the commands and why you taught those commands in the first place. It's not just about pleasing you with good obedience; it's about what's in it for your dog, too!

In this phase, you'll begin taking your dog to new environments with varying levels of distraction. Some scenarios you'll plan ahead—others will unfold naturally, like real life always does. As your dog starts to realize that staying focused and following commands—even when the world gets noisy—leads to good things (like treats, praise, and the freedom to explore), obedience becomes something he chooses, not something he's forced into.



Phase Four: Maintenance

Training isn't just for the dog; it's to help you learn to communicate effectively with your dog so he becomes confident in your ability to handle every situation. Your dog will understand that when he chooses not to comply, he gets a correction; but when he complies without needing a correction, he gets a jackpot of treats.

Keep both your skills sharp:

- 🐾 Practice commands as they apply to the day, on walks, during playtime, etc.
- 🐾 Keep five treats handy for spontaneous reinforcement
- 🐾 Turn commands into games—your dog will love it!

Three minutes is all it takes to keep your dog's skills polished and their bond with you strong.

The *3Minute Method* is more than a training program—it's a lifestyle shift. It invites you to connect with your dog in joyful ways that build trust and mutual respect. And the best part? You already have everything you need: five treats, three minutes, and a good dog waiting to shine.

Sheldon—What I've Learned (and Chewed On)

Okay, listen up—this training thing? It's not half bad. My mom breaks it into four bite-sized parts (and yes, snacks are involved). I even drew you a picture.

Sheldon's Take on the 3Minute Method

1

TEACHING PHASE



2

TRAINING PHASE



3

COMBINATION PHASE



4

MAINTENANCE PHASE

