

## **How long does it take a dog to decompress after adoption?**

The **3-3-3 rule is a general guideline** that represents the **phases of a rescue dog** or common milestones your new dog will go through... it is the first **3 days, 3 weeks, and 3 months** after bringing your dog home from the shelter.

### **In the first few days,**

Your dog may feel overwhelmed and nervous. They might not eat or drink much and could be scared or unsure about their new environment.

During this time, they might hide or be very cautious around you and your family. Alternatively, they might test boundaries to see what they can get away with.

- Feeling overwhelmed
- Maybe scared and unsure of what is going on
- Not comfortable enough to be “themselves”
- May not want to eat or drink
- Shut down and want to curl up in his crate or hide under a table
- Testing the boundaries

### **After few weeks,**

Your dog will typically start to settle in, feeling a little more comfortable and beginning to understand their new routine. They may start to show their true personality and begin to trust you more.

- Starting to settle in
- Feeling more comfortable
- Realizing this could possibly be their forever home
- Figured out their environment
- Getting into a routine
- Let their guard down and may start showing their true personality
- Behavior issues may start showing up

### **After few months,**

Your dog may start to trust you and feel secure in their new home. They may begin to settle into a routine and become comfortable with their environment. This period is when you will see your dog’s true personality and begin to build a deeper bond.

- Finally, he is completely comfortable in his home.
- Building trust and a true bond

- Gained a complete sense of security with his new family
- Set in a routine

## **Adjusting to the Timeline**

Remember, these timelines are general guidelines. Every dog is unique, and some may take longer to adjust. It's important to be patient and not rush the process.

The key is to provide a consistent, loving environment and celebrate the small victories along the way.

Enjoy your newly adopted dog, give them love, support, and time and they will soon become your best friend!

## **How long will it take MY rescue dog to adjust?**

The honest answer is, it depends. Some dogs will follow the **3-3-3 rule** to a tee, others will take **6 months or a full year** to feel completely comfortable.

Keep in mind that the **3-3-3 dog rule is a general guideline**. It will depend on the situation the dog was surrendered, the dog's personality, and their background.

Give your dog space and allow them to go at their own pace during this **honeymoon period**. You will look back someday and be amazed at the transformation.

## **In conclusion**

The first thing most people want to do is show off their new pup. But I encourage you to take it slow, I know it's exciting to get a new dog but see life through your dog's eyes...

They have been through a lot, they may have lost their family, possibly been abused, or abandoned in a noisy shelter, ... it's all very stressful. Your dog needs time, so give it to them.

Remember the **3-3-3 dog rule is a general guideline**. Your dog will go at their own pace during this "**honeymoon period**", it could take 4, 5, or maybe even 6 months.

Each dog is unique. Just be there for them, comfort them when they need it, and create a positive safe environment and you will be on your way to creating your perfect dog..