THE ONE CUE WONDER GUIDE:

HOW TO STOP REPEATING YOURSELF (AND SAVE YOUR SANITY)



So, you've found yourself saying "Sit, sit, sitttt... SIT!" and wondering if your dog is secretly trolling you. Good news: they're not trolling—you've just fallen into the Repeat Cue Trap. Fear not! Recovery is possible, and this guide will show you how.

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FROM THE DOG'S PERSPECTIVE: "WAIT, WHAT?"

IMAGINE YOU'RE A DOG. YOUR HUMAN SAYS "SIT!" ONCE. CLEAR ENOUGH. BUT THEN THEY SAY IT AGAIN...AND AGAIN...AND AGAIN. PRETTY SOON, "SIT" JUST BECOMES BACKGROUND NOISE. LIKE A CAR ALARM IN THE DISTANCE—YOU HEAR IT, BUT MEH.

This is called **learned irrelevance**: the cue loses meaning because it's repeated without consequence. Dogs want clarity, not echoes. Repeating cues: = confusion.







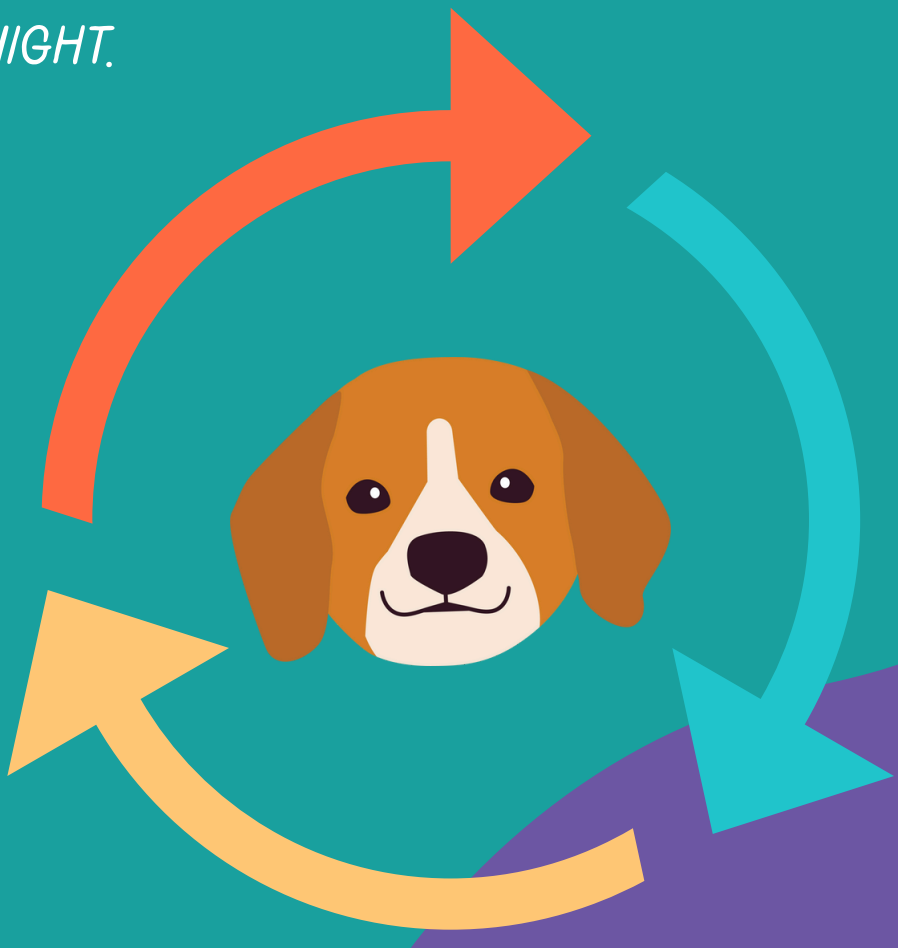
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WHY REPEATING SABOTAGES TRAINING

- FLUENCY FAILS: INSTEAD OF SHARP, QUICK RESPONSES (LATENCY = SPEED BETWEEN CUE AND ACTION), YOU GET SLUGGISH "I'LL SIT WHEN I FEEL LIKE IT" BEHAVIOR.

- LEARNED IRRELEVANCE: DOG LEARNS "SIT, SIT, SIT" IS JUST HUMAN MUMBLING UNTIL THE 400TH TIME.

- PARENT MELTDOWN: YOU FEEL LIKE A BROKEN RECORD AT KARAOKE NIGHT.



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COMMON CUE-REPEATING TRAPS

ADDING THE CUE TOO SOON

IF YOU SAY "SIT" BEFORE YOUR DOG EVEN KNOWS HOW TO FOLD THEIR LITTLE BUTT INTO A SIT, YOU'RE SETTING YOURSELF UP TO REPEAT. DOGS MUST KNOW THE BEHAVIOR FIRST BEFORE YOU ATTACH THE WORD.

DISTRACTION DISASTER

CUEING IN TIMES SQUARE WHEN YOU ONLY TRAINED IN YOUR LIVING ROOM = CUE-REPEAT SPIRAL. TRAIN IN EASY SPOTS, THEN BUILD UP TO DISTRACTIONS IS THE WAY TO WIN!

NO ATTENTION = NO CUE

IF YOUR DOG IS NOSE-DEEP IN SQUIRREL NETFLIX, YOUR CUE WON'T LAND. IT'S LIKE CALLING SOMEONE ON THEIR CELL WHEN IT'S ON AIRPLANE MODE. FIRST, GET THE DOG'S ATTENTION SIGNAL —THEN CUE.

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HOW TO BREAK THE REPEAT HABIT

- *SAY IT ONCE. IF YOUR DOG DOESN'T RESPOND, DON'T REPEAT—HELP THEM SUCCEED. USE A LURE, RESET THE ENVIRONMENT, OR LOWER DISTRACTIONS.*
- *BUILD ATTENTION FIRST. EYE CONTACT OR NAME RESPONSE MEANS "PHONE LINE OPEN." THEN GIVE YOUR CUE.*
- *TRAIN THE BEHAVIOR BEFORE THE WORD. BEHAVIOR FIRST, LABEL LATER. OTHERWISE, YOU'RE TEACHING "SIT-SIT-SIT-SIIIIT" IS THE CUE.*
- *PRACTICE IN LAYERS. HOME → BACKYARD → SIDEWALK → DOG PARK (GRADUAL DIFFICULTY). START IN KINDERGARTEN AND BUILD FROM THERE.*

CATCH YOURSELF. PUT AN IMAGINARY "ONE CUE ONLY" POST-IT NOTE IN YOUR BRAIN. IF YOU HEAR YOURSELF REPEATING, PAUSE AND RE-THINK.

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THE FUN PART: REFRAMING CUE REPEATING

- *THINK OF YOUR CUE AS A MAGICAL SPELL —YOU DON'T NEED TO SAY "EXPELLIARMUS, EXPELLIARMUS, EXPELLIARMUS" FOR IT TO WORK.*

- *IMAGINE YOUR CUE IS A TEXT MESSAGE—SEND IT ONCE. IF THERE'S NO REPLY, DON'T SPAM; MAYBE THE SIGNAL FAILED.*

- *PRETEND YOUR DOG IS YOUR BOSS. WOULD YOU SAY, "PLEASE APPROVE MY VACATION... PLEASE APPROVE... PLEEEEASE APPROVE"? YEAH, NO.*



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FINAL BARK

ONE CUE IS THE WAY TO GO. REPEATING IS CONFUSING FOR YOUR DOG, FRUSTRATING FOR YOU, AND A SUREFIRE WAY TO TANK LATENCY AND FLUENCY. BUT WITH ATTENTION FIRST, DISTRACTIONS MANAGED, AND BEHAVIORS SOLID BEFORE WORDS—YOU AND YOUR DOG CAN ESCAPE CUE REPEATING SYNDROME FOREVER.

IF YOU NEED ADDITIONAL HELP WITH RECOVERY FROM CUE REPEATING SYNDROME: CONTACT LOVEDOGS@COURTEOUSCANINE.COM TODAY!

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