



## How to Create a Complete Pet Behavior Solution

Chewing. Barking. Scratching. Whining. Spraying. When pet behavior problems become severe, most pet parents want nothing more than to make them stop – immediately. Unfortunately, “quick-fix” solutions to pet behavior problems, like anti-bark collars or scratch guards, often don’t get to the root of the issue – meaning you could be left with the same problems just a few months down the road.

## Common Causes of Cat & Dog Behavior Issues

Before you attempt to solve the problem, understand that dog and cat behavior issues can have a number of causes – and that what might seem like a simple “bad dog” or “bad cat” behavior could really have a deeper cause. Some of the most common include:

- **Food or Environmental Allergies >>** Destructive scratching could be caused by allergies, which often trigger itchy skin, making your pet scratch or rub on furniture.
- **Infections and Other Health Problems >>** If your pet has a problem with “accidents,” it could be a health issue like urinary tract infection.
- **Depression or Loneliness >>** Symptoms of pet depression can include lethargy, loss of appetite and nervousness.
- **Lack of Exercise or Play >>** All pets need entertainment and exercise. If you’re not giving Fido plenty of walks and Felix plenty of play, he or she might just act up.
- **New Pets in the House >>** Adding a new cat or dog to your home can make pets feel stressed.

## Solving Pet Behavior Problems

The first step toward solving pet behavior problems usually begins with a visit to your vet. After all, only your vet can accurately diagnose serious health, allergy or depression issues – and help you find appropriate treatment.

If your pet does suffer from one or more serious medical issues, follow your vet’s advice on medication and diet. You may also want to supplement prescriptions or lifestyle changes with other pet behavior solutions, like Comfort Zone® products– which use natural cat and dog pheromones to ease behaviors like scratching, barking, whining and spraying.

Many pet behavior issues are caused – or exacerbated – by fear and stress. By mimicking the stress-relieving pheromones found in cats and dogs, Comfort Zone® with Feliway® or Comfort Zone® with D.A.P.® can help your pet cope with these fears or stress-related issues and make him feel more secure. In some cases, it might be just the thing you need to fix bad dog and cat behavior forever.

For more advice on stopping cat and dog behavior problems, see our complete listing of [pet advice](#).

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