

# The 3 Days, 3 Weeks, 3 Month Rule of Adopting a Rescue Dog

The 3-3-3 rule is a general guideline, every dog is unique and will adjust differently. Give your dog space and allow him to go at his own pace.

## 3D



### In the first 3 days,

- ☐ Feeling overwhelmed
- ☐ May be scared and unsure of what is going on
- ☐ Not comfortable enough to be "himself"
- ☐ 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

## 3W



### After 3 weeks,

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

## 3M



### After 3 months,

- ☐ Finally 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