

# Submissive & Excitement Urination

If your dog greets you or your guests excitedly upon arrival and then squats or rolls over and pees, you could be dealing with excitement or submissive urination. A dog that is completely housetrained can still have trouble in this one area when it comes to urination habits.

Submissive and excitement urination are not housetraining problems; they are an involuntary reflex that requires some patience and confidence building to correct.

## Why Your Dog Pees When You Greet Them

A dog who feels threatened or lacks confidence may urinate uncontrollably, either a little or a lot. They may also have accidents if they are being punished or verbally scolded, or when someone they perceive as a threat approaches them.

Your dog will likely overcome their submissive urination as they gain confidence. You can help to build their confidence by teaching them cues and rewarding them for obeying. Consider enrolling your dog in an obedience class that uses positive reinforcement to teach your dog new cues.

Avoid things that might cause your dog to submissively urinate which can include:

- Scolding
- Rough handling
- Giving them attention when they are excited

## Building Your Dog's Confidence

Along with obedience classes, there are other ways to build your dog's confidence including:

- Keep greetings low key. Ignore your dog when you first come home until they calm down.
- Kneel down to your dog's level rather than leaning over them.
- Pet your dog under the chin and on the chest rather than over the head or on the back.
- Ask them to sit before petting them.

In some cases, or if the behavior started happening suddenly, you might need to visit your veterinarian to rule out any medical reasons for the behavior.

While you are working on building your dog's confidence you could play with your dog outside to avoid any accidents in the house. Many dogs will grow out of the issue fairly quickly if you follow these guidelines. In some cases, however, the problem can persist if the dog is frequently punished.