



# The Intuitive Connection

## Inside this issue:

Upcoming  
Events, Services  
& Referrals

2

## Adoption and Adjustments

Were you one of the lucky ones who got a new pet for Christmas? Giving the gift of a pet can be a great idea, but there are things to keep in mind for both the animal's and the people's well-being. There is an adjustment period. Let's take a look at some advice from a rescue on the do's and don'ts during this important phase.



- Set your expectations low for your pet. Your pet will not be perfect, and there will be mistakes made (on both sides). So just enjoy getting to know your pet without any expectations.
- Set realistic expectations for yourself. It will take time for you to adjust your routine and keep doors closed, keep food off the counter, and keep your shoes and clothes put away. Not to mention the constant looking over your shoulder or behind you to keep from tripping over your new pet who is on your heels, or never ever going to the bathroom alone again.
- If you do get frustrated (and you most likely will), take a deep breath, be patient and be kind.
- Accidents can and will happen. Your new pet will not know where the door is, where to go potty, when you want them to go potty, etc. It takes work, and you must remain diligent for several weeks or longer.
- Your new pet will not know their name, so be patient if you have to call them over and over and over.
- If you adopted a dog, do not let them off leash! They are not familiar with the area, commands, or even their name. Would you let your 2 year old child run free? Same applies to pets.
- It may take time for your new pet to warm up to you. That's ok. It takes time to establish trust and a bond, so just allow things to happen when they are ready.
- If you have any existing animal, there may be squabbles over toys, food, beds, etc. There may even be some fights. Not only does your new animal need time to adjust, but any existing pets need time to adjust too. Pay attention, anticipate situations to create an environment for success.
- Don't expect your new pet to understand where they can and can't go in the house. Couches and beds are very comfy and most animals want to be where you are. If they are not allowed on the furniture, you must teach them. Try luring them off with a treat, or gently lead them off. Repetition is the key.
- Give them time to adjust to just the immediate family. We all love our fur babies and want to show them off, but this can be confusing for a new pet. Allow them to relax, adjust and bond with you first.
- Don't expect your new pet to know how to navigate things like stairs or getting in/out of a car. These may be all new and scary things to your pet, so teach them and keep reassuring them with lots of love and patience.
- Before giving up and taking your pet to a shelter, ask yourself "Have I really given the new pet a chance to succeed?" "Am I setting unrealistic expectations?" "Have I tried everything, and I mean really tried everything for this to work?" Pets are a commitment. It may feel like the potty training is taking forever, when in reality it has only been a few weeks. And remember, animals pick up on our feelings, frustrations and stress, so the

“skittish puppy or kitty” may be reflecting back the energy that you are putting out. Its ok to ask for help. Shelters and rescues want your adoption to be as successful as you do, so check with them for advice, assistance or even resources they may offer such as training.

Its best to always do research first before you adopt, but if you already fell in love with the cute face and are struggling through the adjustment period, here is a great chart to keep in mind.

# Rule of 3

**3 Days**

Your new pet is trying to figure out their new home



**3 Weeks**

They have figured out they will live with you and start a routine



**3 Months**

Your pet has become a part of the family  
Welcome Home



## Upcoming Events

### Prescott Valley Spirit Life Expo

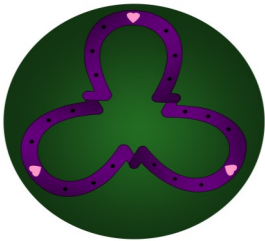
2/2/20  
10:00 — 5:00

The Event Spot  
6520 E 1st St  
Prescott Valley, AZ

### Festival of Love

2/15/20  
9:30 — 4:30

Hassayampa Inn  
122 E Gurley St  
Prescott, AZ



*Trinity Healing  
Connection, LLC*

STACEY  
FERRELL

Prescott Valley, AZ  
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Kris Tondee**

Psychic Reader

Website: [readingsbykristondee.com](http://readingsbykristondee.com)

916-605-9091