

WHO'S REALLY IN CHARGE HERE?



Love Your Dog.
Take the Tests.
Laugh at the Truth.



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Chapter 1: Welcome to Your Dog Ruled Home.

Let us start with a small, slightly painful truth: you do not just live with a dog, you live in a dog ruled home. You may pay the rent, sign the papers and carry the keys, but someone much furrier has final approval on how the place actually runs.



This book is your very serious, absolutely scientific field guide to that reality. On these pages you will not learn perfect obedience or strict training schedules. You will learn something far more relevant for daily life: just how much control your dog already has, and how much you are secretly fine with it.

Before we dive into the tests, a quick user manual.

Each chapter gives you one or more quizzes, checklists or tiny experiments. You answer honestly, score yourself, then look up your result. The result sections are written with love, not judgment. If your dog clearly runs everything, this is not a problem to fix. It is simply a situation to understand, gently laugh about and maybe negotiate with a little better.

You will meet three recurring ideas.

First: the difference between official rules and real rules. Official rules are the sentences that come out of your human mouth, such as “Dogs are not allowed on the sofa” or “We do not share food at the table.” Real rules are the things that actually happen at 22:30 on a Tuesday when a pair of soft eyes and a cold nose appear next to your plate.

Second: the concept of household gravity. Objects in your home do not move randomly. They slide, roll and drift toward your dog. Blankets travel from the closet to the dog bed. Pillows migrate from the couch to the floor. Your favourite hoodie mysteriously relocates to the one spot with maximum dog hair. These are not accidents. This is gravity, powered by paws.

Third: the Household Control Index that you will calculate at the end of the book. Different chapters will ask you to write down scores. Keep them somewhere safe: margin, notes app, back of an old dog food receipt, whatever works. In the final chapter you will combine them into one dramatic number that tells you just how dog ruled your life is.

To warm up, here is a tiny pre test.

For each sentence, give yourself one point if it is true most days of the week.

1. I have delayed my own bathroom break because the dog was sleeping on my lap.
2. I have chosen a movie based on whether the sound effects might upset the dog.
3. I own at least one piece of furniture that was not bought for the dog but now belongs to the dog.
4. I have spelled words like W A L K or T R E A T to avoid starting chaos.
5. I sometimes sit in an uncomfortable position so I do not disturb a sleeping dog.
6. My phone gallery has more pictures of my dog than of any living human.
7. I have, at least once, apologized to my dog out loud.

Count your points.

If you scored 0 or 1, you might be in gentle denial. Keep reading. By chapter three you will probably come back and change your answers.

If you scored 2 to 4, you live in a shared system. Technically it is your home, practically it is a coalition government, and your dog is the loudest party.

If you scored 5 to 7, congratulations. You are already a fully trained human. This book will not rescue you, and it is not supposed to. It will simply give you the vocabulary to explain your situation to confused visitors.

As you move through the chapters, here is how to get the most fun out of them.

Answer quickly. Your first instinct is usually the truth. If you hesitate, imagine what a hidden camera would show and choose that option.

Write in the book. Circle things, add notes, invent extra answer options. If you are reading the ebook version, open a notes app and go wild.

Read results out loud. This book is perfect for reading with a partner, family member or friend who also knows your dog. Half of the fun is hearing someone say “This is exactly you” while laughing too hard to breathe properly.

You can also keep it in the bathroom or next to the sofa, the two command centers of most dog ruled homes. One controls quiet thinking time, the other controls snacks, blankets and the remote. Your dog already understands this strategic map, now you will too.

Most importantly, assume your dog understands none of this, and all of it, at the same time. They cannot read your quizzes, but they can definitely sense when the word walk leaves your mouth suspiciously often.

By the end of this chapter, all you have to accept is a simple sentence: my home is not just dog friendly, it is dog ruled. Once you say that out loud, the rest of the tests will feel less like exams and more like a guided tour through a kingdom you already secretly enjoy serving.

Ready to check who really has the remote, the sofa and the schedule? Turn the page. Your ruler is waiting.

Chapter 2: Who Really Makes the Rules?



Let us be honest for a second, you did not bring a dog into your home, you accidentally hired a furry lifestyle manager. This chapter is your official Household Power Test, a very serious and extremely scientific way to find out who is actually in charge inside your four walls.

Grab a pen, or your dog's favorite half chewed toy, and score yourself as you go. For each question, pick the option that feels closest to real life, not the version you tell non dog people.

Who makes the rules?

1. The waking up protocol

- A. You wake up when your alarm rings, then you decide what happens next.
- B. You wake up when the dog decides it is morning now.
- C. There is an alarm, but it mostly confirms what the dog has already announced.

2. The daily schedule

- A. You choose walk and feeding times first, then fit the rest of your day around work and life.
- B. You have a human schedule, the dog just fits in somehow.
- C. There was a human schedule once, now everything happens between Walk One and Walk Two.

3. The furniture rules

- A. Sofa and bed are officially human zones, the dog has a comfy own bed and actually uses it.
- B. The dog is allowed on the couch, but only on a blanket, at least in theory.
- C. Wherever the dog lands is now an emotionally important area that cannot be disturbed.

4. The door policy

- A. You can close a door, and it stays closed, without protest.
- B. You get dramatic waiting outside, scratching or sighing on the other side.
- C. Doors are an illusion, you are not allowed to pee without an audience.

5. The social calendar

- A. You plan trips, parties and visits, then think about the dog.
- B. You check if the dog can come, and if not, you strongly hesitate.
- C. If the dog is not invited, the event quietly disappears from your calendar.

6. TV and couch time

- A. You pick shows for yourself, the dog just sleeps nearby.
- B. You deliberately choose content with animal sounds because the reactions are funny.
- C. You sit in weird angles so you do not disturb the sleeping dog on the best spot.

7. Food negotiations

- A. You eat in peace, the dog waits at a polite distance.
- B. There are big eyes and soft whines, but you resist most of the time.
- C. You share snacks so automatically that you sometimes offer your human friends a bite in the same tone.

8. Cleaning and decorating

- A. You clean because you like a tidy house.
- B. You clean because the dog throws fur confetti everywhere.
- C. Your interior style is now “whatever hides fur and paw prints best”.

Now, count your answers.

For every A, give yourself 0 points.

For every B, give yourself 1 point.

For every C, give yourself 2 points.

Ready for your very important diagnosis?

0 to 4 points: Human Led Household, With Strong Dog Influence

Officially, you make the rules, even if there is the occasional strategic guilt stare. You probably have consistent routines, clear boundaries on furniture, and a dog who mostly respects them. You are the rare person who can say “no” and actually follow through.

Secret truth, your dog still watches for weak spots, especially around snacks and guests. Consider this chapter your reminder that power can shift very fast when you meet a pair of big hopeful eyes at 22:30.

5 to 10 points: Shared Government, Dog Coalition In Charge Of Key Ministries

Welcome to the coalition model. On paper you are the responsible adult, in daily practice your dog runs critical departments like Walk Scheduling, Sofa Occupation and Emotional Blackmail During Dinner.

You negotiate a lot, you bend rules “just this once” and you own at least one blanket that technically belonged to you before the dog claimed it. This is a very stable form of soft dictatorship, and honestly, everyone involved seems delighted.

11 to 16 points: Fully Certified Dog Ruled Kingdom

Let us congratulate your furry monarch. You no longer have a dog, you have a tiny four legged ruler who kindly allows you to pay the bills and operate doorknobs.

Your alarm follows the dog, your social life bends around the dog, and your furniture choices are optimised for naps and zoomies. When people ask if the dog is spoiled, you say “of course not” while rearranging your entire body so they do not have to move.

There is no real problem here. You are happy, the dog is happy, and the only thing that suffers a little is your personal dignity whenever you sit on the floor so your “guest of honour” can stay on the good cushion.

Before you move on, look back at the questions where you chose the most C answers. Those are your personal hotspots, the places where your dog’s influence is pure royalty level. Maybe it is mornings, maybe it is the couch, maybe it is the moment a snack wrapper makes a single sound. Circle two situations you secretly enjoy, even though they prove you are not in charge at all.

You are allowed to be inconsistent here. This book is not about fixing anything, it is about laughing at the tiny, daily ways our dogs turn us into better trained, slightly softer humans. If the royal system in your home works for both of you, consider it a perfectly functional little kingdom.

At the end of this chapter, take a moment to write your own job title in this royal system. Are you Head of Snacks, Official Door Opener, Chief Belly Rub Officer, or All Of The Above In One Overqualified Human?

Whatever your result, one thing is certain, your dog has already known exactly who rules the house from day one. This quiz is just for you to catch up.

Chapter 3: Is Your Dog a Genius, Clown, or Drama Queen?



You already know your dog is special. The question is not “if” your dog has a big personality, it is which flavor of chaos you are living with. This chapter is your completely unofficial, emotionally biased personality test that reveals whether you share your home with a Genius, a Clown, a Drama Queen, or a secretly Zen Dog who is quietly judging everyone.

Treat this chapter like a party game. You can read it on the sofa with your dog nearby, ask your partner to vote on each question, or mentally tick boxes while you stare at your dog snoring in weird positions. There are no wrong answers. There are only different types of fabulous.

Grab a pen or keep score on your phone. For every statement that fits your dog “most of the time” give them one point in the column that feels right. You will use the totals at the end to reveal their primary type and their side roles.

The Personality Quiz

1. **A new puzzle toy appears on the floor.**

Genius: Studies it first, then opens it in two minutes.

Clown: Throws it, chases it, forgets the snack inside.

Drama Queen: Looks at you like “You expect me to work for food” then sighs loudly.

Zen Dog: Sniffs it politely, decides a nap is a better idea.

2. **You say the word “walk” accidentally in a sentence.**

Genius: Runs to the exact drawer where the leash lives.

Clown: Spins in circles and body slams the door.

Drama Queen: Whines, tap dances, and acts like you are late for a flight.

Zen Dog: Wags gently and waits near the hallway.

3. **A strange noise outside.**

Genius: Checks the window, decides if it is worth alarming you about.

Clown: Barks at full volume, then barks at their own echo.

Drama Queen: Explodes, then runs to you for emotional support.

Zen Dog: Raises one eyebrow, keeps half an eye open, goes back to sleep.

4. **Training time.**

Genius: Learns new tricks fast and offers old ones automatically to see what pays.

Clown: Knows what to do but adds spins, hops, and freestyle moves.

Drama Queen: Collapses in “I cannot remember anything” mode when a treat is late.

Zen Dog: Performs calmly, no rush, just slow steady cooperation.

5. **Guests arrive.**

Genius: Targets the person most likely to drop snacks.

Clown: Slides into the hallway like a furry bowling ball.

Drama Queen: Screams, squeals, and brings five toys to make a point.

Zen Dog: Greets politely, then sits nearby like security staff.

6. **You are sad or stressed.**

Genius: Brings a toy or nudges you until you move or laugh.

Clown: Accidentally cheers you up by being ridiculous without trying.

Drama Queen: Climbs on top of you and acts like the world is ending together.

Zen Dog: Leans against you and simply stays there, slow breathing, calm presence.

7. **Food drops on the floor.**

Genius: Appears quietly from another room at high speed.

Clown: Slides past the food, misses it, goes back for a second attempt.

Drama Queen: Acts betrayed if you rescue it first.

Zen Dog: Waits for permission, or at least pretends to.

8. **The bath situation.**

Genius: Recognizes the early signs and hides.

Clown: Jumps in, gets wild, then shakes water on everyone.

Drama Queen: Yells during the entire process like an opera.

Zen Dog: Accepts fate, looks mildly displeased, then forgives you.

9. **Alone time at home.**

Genius: Rearranges objects to get what they want.

Clown: Leaves a crime scene of toys and blanket nests.

Drama Queen: Stares dramatically out of the window until you return.

Zen Dog: Sleeps in their favorite spot and occasionally patrols.

10. **Bedtime.**

Genius: Picks the warmest spot and steals your pillow.

Clown: Spins, sighs, ends upside down with feet in the air.

Drama Queen: Groans if you move one centimeter.

Zen Dog: Settles, stretches, and does not bother you unless breakfast is late.

Scoring Your Dog

Count how many times you chose each type.

- Mostly Genius: You live with a four legged strategist.
- Mostly Clown: Your life is a circus and you love it.
- Mostly Drama Queen: Your home is a telenovela with fur.
- Mostly Zen Dog: You live with a small furry therapist.

Many dogs are a blend. Your dog might be a Genius with a Clown side job, or a Zen Dog who occasionally becomes a Drama Queen about baths. Use the type descriptions below as entertainment, not diagnosis.

The Genius Dog

This dog notices everything. They know the schedule, the sound of your car, the time dinner should appear, and the exact cupboard where treats live. They learn new tricks fast, invent shortcuts, and sometimes train you without you realizing. They are amazing to live with, and slightly dangerous near snack storage.

The Clown Dog

This is physical comedy in fur form. Walls are suggestions. Gravity is optional. Toys are for throwing, sliding, and dramatic entrances. Mistakes are made with full enthusiasm and zero shame. Your home has more noise, more laughter, and probably more mud. You may never drink a full cup of coffee without some kind of slapstick interrupting.

The Drama Queen Dog

Volume, emotion, big eyes, big sighs. This dog has feelings and you will know about them. Separation is tragic, nail clipping is betrayal, late dinner is a crime. They also adore you with full intensity and are professional cuddle providers. Living with them means starring in a daily soap that ends in snacks and naps.

The Zen Dog

Calm, observant, quietly present. This dog radiates peaceful energy and moves only when necessary. They pick one favorite human and become their shadow at a comfortable pace. They do not overreact. They simply exist as a furry weighted blanket with eyes. Never doubt them though. They understand more than they reveal.

Chapter 4: What Kind of Dog Parent Are You, Really?



Let us be honest, you did not pick up this book because you are a perfectly average dog owner. You are here because you suspect you might be a little extra. Extra treats, extra photos, extra rearranging of your life around a four legged roommate who does not pay rent. This chapter is your playful reality check, a personality test for humans who schedule their day around walkies and naps.

You will answer a set of scenarios and pick the option that feels most like you. Try to choose your first instinct, not what you think a responsible adult would do. Keep track of how many A, B, C and D answers you pick. At the end you will discover which kind of dog parent you really are.

Quiz: What kind of dog parent are you?

Question 1: The Muddy Situation

Your dog returns from the park looking like a living swamp. You:

- A: Have towels, a designated mud zone and warm water ready.
- B: Laugh, take a photo, then deal with it.
- C: Groan, consider crying a little, then start cleaning.
- D: Let the dog dry on the balcony or in the hallway first, problem postponed.

Question 2: The Weather Report

It is pouring rain right before walk time. You:

- A: Put on rain gear for both of you, schedule is schedule.
- B: Negotiate a shorter walk and promise extra play later.
- C: Ask your dog what they want, then follow the tail wag.
- D: Suggest a very long game of indoor fetch instead.

Question 3: The Couch Question

Your dog stares at you until you move from the best spot on the couch. You:

- A: Gently redirect them to their own bed with a treat.
- B: Slide over and share the spot, obviously.
- C: Stand up completely so they can spread out.
- D: Sit somewhere else and tell guests the dog was there first.

Question 4: The Vet Appointment

Tomorrow is vet day. You:

- A: Have records, questions and treats packed in a folder.
- B: Put the appointment in your phone with three reminders.
- C: Start worrying about every tiny symptom you forgot to mention.
- D: Hope your partner remembers the time because someone will.

Question 5: The Holiday Plan

You are planning a weekend away. You:

- A: Research dog friendly hotels and activities first.
- B: Invite the dog along automatically, non negotiable.
- C: Change destination if dogs are not welcome enough.
- D: Consider cancelling if the dog can not join.

Question 6: The Training Moment

Your dog ignores “sit” because something more interesting is happening. You:

- A: Calmly repeat the cue and reward when they finally respond.
- B: Turn it into a game with silly voices and extra treats.
- C: Worry that you are a terrible trainer and google new methods.
- D: Shrug, your dog, your chaos, you live with it.

Question 7: The Photo Roll

You look at your phone gallery. It is:

- A: Balanced, lots of dog photos but also some humans and landscapes.
- B: Eighty percent dog, ten percent food, ten percent accidental selfies.
- C: Mostly the dog sleeping in slightly different positions.

D: So full that you keep getting storage warnings and refuse to delete a single paw.

Question 8: The Guest Test

New guests arrive. Your first thought is:

- A: "I hope they follow my house dog rules."
- B: "I cannot wait to show them how cute my dog is."
- C: "I hope my dog feels safe and not overwhelmed."
- D: "If they do not like dogs, this friendship is over."

Question 9: The Last Treat

There is one treat left. Your dog already had plenty. You:

- A: Save it for later, you have a plan.
- B: Split it into two tiny pieces, instant happiness.
- C: Give it and promise yourself you will be stricter tomorrow.
- D: Give it, then open a new bag because you cannot resist that face.

Scoring Your Answers

Count how many A, B, C and D answers you chose.

Mostly A: The Prepared Pack Leader

You are organized, consistent and secretly proud of your system. You read labels, track vet dates and know where every leash is. Your dog might not realize how much planning you do, but they feel safe because you are predictable. Just remember that perfection is not required. A little silliness will not ruin your training log.

Mostly B: The Softhearted Fun Parent

You are here for joy, play and maximum cuteness. Rules exist, but they often bend under big eyes and wagging tails. Your home is full of toys, photos and little rituals that make your dog's day brighter. Watch that guilt does not turn you into an unlimited snack dispenser. Your playful energy is gold, keep it, just add a tiny sprinkle of structure.

Mostly C: The Overthinking Guardian

You love deeply and you think a lot, sometimes too much. You google, you worry and you want to get everything right. Your dog benefits from your care, but you deserve some peace too. Progress, not perfection, is what your dog actually needs. More laughter, fewer tabs open in your brain. If your dog could talk, they would probably tell you you are already more than enough.

Mostly D: The Chill Dog Roommate

You live with your dog like a very furry best friend. Life is flexible, routines are loose and chaos is part of the charm. Your strength is that you do not panic easily and your dog gets to be fully themselves. Just keep an eye on safety and basic structure, especially with walks and health. A simple routine will keep the fun going for many happy years together.

No perfect score exists here. The goal is that you recognize your own style, smile at your quirks and maybe steal one or two habits from the other types. In the eyes of your dog, you are already the main character.

Chapter 5: The Relationship Triangle: You, Your Dog, and Other Humans

There are three people in this relationship: you, your dog, and whatever brave human decided to join this situation. Sometimes that human is a partner, sometimes it is a roommate, sometimes it is a friend who did not realise the dog came as a full lifestyle package.

This chapter is your slightly uncomfortable but very honest check in. You are going to find out whether your life is nicely balanced or whether every plan, pillow, and pizza in your world is already regulated by the four legged member of the triangle.



Quiz: Does Your Dog Come Before Your Partner?

Circle the option that sounds most like your real life. Try to be honest. Your dog already knows the truth.

1. **Movie night on the couch:**

- A: We pick a film and the dog can join if there is space.
- B: We pick a film, then rearrange cushions so the dog gets the usual spot.
- C: We pick a film based on whether the sound will scare the dog.

2. **Weekend plans:**

- A: We decide first, then see how to fit in the dog.
- B: We decide together, dog activities are part of the list.
- C: We start with: what would make the dog happiest.

3. **Bedtime:**

A: The dog does not sleep in the bed.

B: The dog sleeps in the bed, but has a specific spot.

C: The dog sleeps in the bed and everyone else fits around that.

4. **Social invites:**

A: We go to dinner and leave the dog at home.

B: We double check timing so the dog is not alone too long.

C: We decline events because they are not dog friendly.

5. **Phone gallery:**

A: A healthy mix of humans, places, food, and a few dog pictures.

B: Mostly the dog, with some humans around the edges.

C: All dog pictures. Humans appear only as furniture.

Give yourself one point for every A, two points for every B, and three points for every C. Add your score.

Quiz: Results

5 to 7 points: **Human First, Dog Deeply Loved**

You genuinely care about your dog, but your partner or other humans still have visible rights. You plan around people first and then fold the dog into the schedule. Your dog might sometimes roll their eyes, but they know they are safe and important. Your challenge: notice where a tiny bit more dog centred joy might actually make everyone happier.

8 to 11 points: **Shared Power Couple With Fur**

You are in a genuine three way relationship: human, human, dog. Most decisions take all parties into account. Sometimes the humans win, sometimes the dog wins, and no one is completely in charge. This can be beautifully balanced or hilariously chaotic. Your challenge: protect human only time without feeling guilty about it.

12 to 15 points: **Dog First, Humans Negotiating**

Let us be honest. The dog is the sun and everyone else is a planet that tries to orbit. You are probably fine with this arrangement. Your partner may joke about being the third wheel and they are not entirely wrong. Your challenge: check in with the humans in your life about where they still need space, and maybe do not cancel every social plan for the dog.

Mini Check: Guest Compatibility Test

Now think about other humans: friends, family, that one colleague who wants to meet your dog.

Tick every statement that fits.

- You warn people before they come over that the dog will greet them first.
- You secretly judge guests based on how they react to dog hair.
- You like people more if your dog likes them immediately.
- If someone ignores your dog, you feel slightly offended.
- You have ended or cooled down at least one friendship because they did not respect your dog.

Count how many you ticked.

0 to 1 statement: You still live in a world where humans come first. Interesting.

2 to 3 statements: You prefer dog compatible humans. Logical, strategic.

4 to 5 statements: Your dog is running the social filter. This is probably exactly how you like it.

House Rules Reality Check

Most homes with a dog have two versions of the rules. The official ones, and the real ones. Use this quick reality check to see where your triangle bends.

- Official rule: The dog is not allowed on the couch.
Real life: The dog is allowed, but only after 8 in the evening, and only on the blanket, which magically covers the entire couch.
- Official rule: No treats from the table.
Real life: The dog does not get food directly from the plate, but mysteriously receives leftovers exactly five minutes later in the kitchen.
- Official rule: We decide where we go on holiday.
Real life: Search filter set to pet friendly, enclosed garden, short walk to park, human needs considered second.

If you smiled at any of these, congratulations, you already know who quietly edits your rulebook.

Reflection Corner: Tiny Honest Moments

Use this space mentally or literally to check in with yourself.

- One time I clearly chose my dog over a human plan:

- One time a human generously chose my dog over their plan:
- One thing I could do to make my partner or friend feel a little more seen without making the dog suffer:

Chapter 6: Walkies Power Dynamics



Let us be honest. “Going for a walk” sounds sweet and relaxing. In reality, it is a full scale negotiation between you, a leash, and a nose that believes it has a PhD in scent based urban studies. This chapter is your official audit. You will finally discover who actually walks whom, who designs the route, and why your shoulder sometimes feels like a gym injury.

Use a pen. Circle, tick, and judge yourself freely. Your dog is already judging you. At least you can be systematic about it.

Quiz: Who Walks Whom

For each statement, choose A or B and keep track of your letters.

1. **Putting on the leash**

A: Dog waits calmly.

B: Dog spins like a small furry tornado.

2. **Leaving the house**

A: You step out first.

B: Your dog launches through the door like a guided rocket.

3. **Walking position**

A: Your dog is usually near your side.

B: Your dog is somewhere in the future, towing you behind.

4. **Speed control**

A: You decide when to speed up or slow down.

B: Your arm simply reports whatever speed the dog has chosen.

5. **Direction choices**

A: You choose the route and mostly stick to it.

B: The nose turns left, you follow, because resistance is futile.

6. **Sniff stops**

A: You allow a few sniff breaks when it suits you.

B: The walk is basically a sniff tour with a bit of walking between.

7. **Meeting other dogs**

A: You manage greetings, ask first, and decide yes or no.

B: Your dog has already introduced itself before you open your mouth.

8. **End of walk**

A: You say “home” and head back.

B: Your dog digs in the paws like you suggested moving to the moon.

Results: Power Ranking

Count how many A and B answers you have.

Mostly A: **Human In Charge, Mostly**

Congratulations. You are that rare creature who has some leash manners installed. Your dog may still have opinions, but you hold the clipboard. Keep treats in your pocket and your crown polished.

Mix of A and B: **Negotiation Walk Team**

Some days your dog runs the show, other days you do. Think of it as shared custody of the sidewalk. You are doing fine. With a little extra training you could nudge things slightly in your favor, if you want to, or you can embrace the chaos.

Mostly B: **Certified Dog Powered Vehicle**

Your dog is the engine, you are the accessory. You are not going for a walk, you are being taken out. Consider reinforcing basic leash skills. Or accept that you are now a sled without snow and enjoy the cardio.

Expectation vs Reality Mini Checklist

Tick everything that describes your walks.

- You say “short walk” and return forty minutes later.

- You planned a deep life talk with a friend but kept shouting “hang on, let me untangle the leash first”.
- You own more poop bags than elegant shoes.
- You know exactly where every interesting bush is within a two kilometre radius.
- You have practiced that awkward half jog because someone else is trying to pass on the sidewalk.

Three or more ticks confirm that walkies have become a lifestyle, not a task.

Designing Your Dog’s Ideal Walk Day

Now create a tiny walk blueprint. This is not serious training theory. This is a playful way to see what your dog values most.

1. Ideal time of day

Morning, midday, evening, late night patrol. Circle one and write why you think your dog prefers it.

2. Ideal route type

Streets, forest, park, beach, city chaos. Which one turns your dog into peak happiness mode

3. Ideal length

Short sniffy loop, medium adventure, full expedition. What would your dog book if it had a calendar app

4. Non negotiables

List three things your dog absolutely expects. Examples: certain tree, favourite corner, greeting the neighbour, sitting at the bakery window.

5. Human bonus

Add one thing that makes the walk nicer for you. Good podcast, coffee in a reusable cup, comfy shoes, cosy coat. You matter too.

Hang this plan on the door for fun. Your dog cannot read it, but they will appreciate the intent. Or at least the pockets that smell like treats.

Gentle Reality Check

If reading this chapter made you realise that you are mostly dragged instead of walking, do not panic. Every dog and human pair develops their own rhythm. Some like structure, some like freestyle chaos. The only real rule is safety: everyone gets home in one piece, reasonably happy, and with the same number of shoes they started with.

You can always tweak small things. Shorter leashes for busy streets, longer lines for sniff fields, a bit of training on “wait” and “easy” before doors. Think of it as adjusting the settings on your favourite gadget, only fluffier.

At the end of the day, the fact that you are out there in all weather, following tiny paws through your neighbourhood, already proves one thing. Household power dynamics aside, this relationship is working very well for the dog.

Micro Training Game: Two Minute Power Reset

Try this little ritual on your next walk. Before you leave, stand still with your dog on leash. Take one step, then stop. Reward any moment of loose leash or eye contact. Repeat for just two minutes.

It looks boring. It is not dramatic. Your dog will slowly realise that paying attention at the start of the walk unlocks the fun faster. You get a tiny slice of control back without turning the outing into a boot camp.

Think of it as a handshake before the adventure. “You watch me a bit, I follow your nose a bit, and together we survive the pigeons.”

Chapter 7: Sofa, Bed, and Territory Control Tests.

If you want to know who runs the household, ignore the water bill and look at the soft furniture. Power lives on the sofa and in the bed. That is where your dog reveals their true political system, from shared blankets to fluffy dictatorship.



In this chapter you will investigate two high risk zones. The couch, also known as the living room throne. The bed, also known as the nocturnal negotiation arena. Grab a pen, be brutally honest, and remember that there are no wrong answers, only accurate ones.

The Couch Invasion Index

Instructions: For each question, circle the option that best describes your reality, not your fantasy rules. At the end you will count how many A and B answers you gave.

- 1. When you walk into the living room, the dog is:**
 - A: On their own bed or the floor.
 - B: Stretched across the best spot on the couch.
- 2. Before you sit down, you:**
 - A: Choose any place you want.
 - B: Calculate where the dog is and negotiate around them.
- 3. Dog hair on the sofa is:**
 - A: A rare guest.
 - B: A permanent design texture.

4. **When guests arrive:**

A: You invite them to sit and the dog stays mostly beside you.

B: The dog welcomes them by sitting directly on their lap space.

5. **Throw blankets are used:**

A: Mainly by humans for cozy evenings.

B: As dog forts, capes, and nesting material.

6. **If you ask the dog to move from your spot:**

A: They move without complaint.

B: They sigh loudly and act like you asked for a kidney.

7. **Remote controls and phones:**

A: Live on the coffee table.

B: Regularly disappear under the dog.

8. **When you try to nap on the couch:**

A: The dog curls up neatly at your feet.

B: The dog expands over time until you are one centimeter from falling off.

9. **Sofa rules in your home:**

A: Are clear and mostly followed.

B: Exist only as a nostalgic memory from the pre dog era.

10. **If you bought a new couch tomorrow:**

A: You would protect it with rules and maybe a cover.

B: You would secretly check if the fabric hides fur well.

Scoring:

Count how many A answers you circled, and how many B answers.

0 to 3 B answers: **Human Controlled Sofa Zone**

You have either a polite dog or Olympic level boundary setting. Dog presence is allowed, but you still decide where everyone sits. You may feel guilty, yet your dog seems fine.

4 to 7 B answers: **Shared Nest Arrangement**

This is a co living situation. Sometimes you move, sometimes the dog moves, everyone negotiates in slow motion. The couch belongs to both of you, with a slight tilt toward the furrrier party.

8 to 10 B answers: **Dog Owns the Soft Zone**

This is not a couch. This is a canine kingdom that happens to seat humans as accessories. You have accepted that your true seat is wherever the dog leaves a tiny free corner. Congratulations on your promotion to decorative cushion.

The Bedtime Territory Test

You may claim to sleep in a human bed. Your dog knows it is a shared den with a flexible floor plan. Let us map the night time power balance.

Instructions: Circle the answer that matches your usual night, then total your A and B answers.

- 1. Bed access for your dog:**
A: Only by invitation or not at all.
B: Automatic, as if they pay rent.
- 2. At bedtime, the dog:**
A: Waits for you to get in first.
B: Jumps up early to reserve prime spots.
- 3. Typical dog sleeping position:**
A: Curled near your feet or beside the bed.
B: Diagonal superstar across the middle.
- 4. When you need to shift position at night:**
A: You move freely.
B: You perform advanced yoga to avoid disturbing the dog.
- 5. Morning evidence in the sheets:**
A: Minimal fur.
B: Enough to knit a tiny extra dog.
- 6. Who moves more during the night:**
A: The dog, reshuffling until comfortable.
B: You, reshuffling around the dog.
- 7. Bedtime rituals:**
A: A quick goodnight pat.
B: Full cuddle ceremony, special voice, maybe a lullaby.
- 8. When there is storm or fireworks:**
A: The dog might come up for comfort.
B: The dog becomes your weighted blanket with optional drool.
- 9. Overnight toys:**
A: None. The bed is toy free.
B: At least one squeaky item appears by morning.

10. On nights away from home:

A: You sleep better without fur in your face.

B: You sleep worse and miss the familiar dog shaped space heater.

Scoring:

Count your B answers.

0 to 3 B answers: **Mostly Human Bed**

You have either a no dogs in bed rule or a small sleepy guest. The dog may visit, but you keep primary territory. You probably sleep in the middle, like a textbook human.

4 to 7 B answers: **Rotating Spoon Formation**

Some nights you are the big spoon, some nights the little spoon, some nights a question mark. Bed space is shared, every reposition is a gentle negotiation. You wake up rested and slightly fur coated.

8 to 10 B answers: **Canine Cloud Ownership**

The bed is officially a dog base station. You rent space by the pillow. The dog chooses position, you adapt. Your spine may complain, but your heart is full.

Draw Your Real Territory Map

To finish the chapter, take one last honest look at your soft furniture politics.

On a blank page, draw a simple rectangle for your couch or bed. Mark where you think you sit or sleep. Then mark where you actually find yourself after one hour of movie time or one full night of sleep. Use arrows for how often you move, little paw prints for dog movement, and tiny stars for the best spots.

Your final reflection question:

"If an alien walked in and saw this map, who would they say runs this home: the human or the fluffy resident in the prime soft zones?"

Chapter 8: Snack Economics and Treat Politics

If you really want to know who holds power in a household, do not look at the bank account. Look at the treat jar. Snacks are the true currency of dog ruled homes, and every transaction tells a story. In this chapter, you will audit your snack policies, study your dog's negotiation tactics, and finally answer the question: is your dog loyal to your heart, or to whoever has the biscuit bag?



The Treat Loyalty Test

For each question, circle A or B. Keep track of how many times you pick each letter.

- 1. You call your dog while holding a treat.**
 - A: They sprint to you like a tiny rocket.
 - B: They pause, scan the room, and confirm that you really are the best current option.
- 2. A friend kneels down with a bigger snack.**
 - A: Your dog checks in with you first.
 - B: Your dog instantly applies for adoption with the friend.
- 3. You drop a crumb on the floor by accident.**
 - A: Your dog waits for a signal before moving in.
 - B: Your dog becomes a high speed vacuum cleaner.

4. **You say “all done” and close the treat jar.**

A: They accept reality and flop down with a sigh.

B: They begin a search and rescue mission for alternative snack sources.

5. **You come home without any new treats.**

A: They still greet you like a hero.

B: They greet you, then do a full bag inspection, just to be sure.

Scoring Your Snack Politics

Count your A and B answers.

- Mostly A: **Heart Over Snacks**

Your dog values the relationship first and the snacks second. You are the favourite restaurant and the permanent reservation.

- Mixed A and B: **Equal Parts Love and Lunch**

Your dog loves you deeply and also respects the power of food. This is a sensible, modern approach to life.

- Mostly B: **Snack Opportunist**

Your dog is a cheerful little capitalist. Loyalty is strong, but high value treats from trusted humans can be persuasive.

Write your result in big letters in the margin and add your dog’s name. This chapter is your official snack constitution.

How Many Treat Words Does Your Dog Know

Snacks are not just food. They are a vocabulary. Tick every word or sound that your dog responds to as if it means “something tasty is happening”.

- Treat
- Cookie
- Biscuit
- Snack
- The rustle of any plastic bag
- The click of the treat jar lid
- Cheese related words
- The fridge door sound
- A specific cupboard door

Add your own secret household code words at the bottom. Now count how many you ticked. The higher the number, the more advanced your shared snack language has become.

Snack Rules You Swear You Will Follow

Every dog person has official snack rules written in their head, and unofficial rules written in their heart. Below are some classics. Tick the ones that exist in your house and then mark whether you actually follow them.

- “We only give healthy treats.”
- “No snacks right before dinner.”
- “The dog does not get food from the table.”
- “Grandparents must follow the same rules.”
- “We all agree on how many treats per day.”

Next to each rule, draw one of three symbols.

✓ for rules you truly follow.

? for rules that depend on the day.

☺ for rules you break with a smile.

Look at your pattern. This is your real life snack policy, not the fantasy version.

Family Treat Politics

In many homes the dog learns exactly who to approach for which reward. Use this mini map to chart your own household.

Write down the names of the humans your dog lives with. Next to each name, rate from 1 to 5:

- How likely they are to give an extra treat
- How strict they are about rules
- How often they sneak secret snacks

Now answer these questions.

- Who is the main snack dealer
- Who is the rule enforcer
- Who pretends to be strict but caves when no one looks

You have just created your first snack cabinet. Your dog already understood this structure long ago.

Snack Budget Reality Check

Snacks cost money, but they also cost discipline. Take a quick reality check. Imagine you are writing a monthly report.

- Do you know roughly how many treats your dog gets per day
- Do you ever buy “just one small bag” and leave with an armful of goodies
- Have you upgraded from basic treats to gourmet versions without really noticing

Write one sentence that starts with “If I were completely honest about our treat budget...” and finish it without editing. That sentence is your financial snack truth.

One Day Snack Negotiation Log

To understand your household snack economy, observe a single day in detail. Use this quick log template.

Morning:

- Who asked for the first treat, you or the dog
- What trick, look, or sound did your dog use
- Who ended the negotiation

Afternoon:

- Were any treats used to apologise, distract, or bribe
- Did your dog try a new tactic today

Evening:

- Was there a final late night snack
- Did your dog pretend to starve despite earlier data

At the end of the day, ask one simple question: who adjusted their behaviour more around snacks, you or your dog. That answer will tell you a lot about who runs the kitchen.

Final Treat Cabinet Verdict

Finish the chapter with a tiny verdict statement. Complete this sentence.

“In our house, snacks are mostly controlled by _____, and everyone knows that the true minister of treats is _____.”

If the second blank is your dog, congratulations. You are living in a fully developed snack democracy, with one very powerful furry lobby group.

Chapter 9: Social Life, Dog Park, and Public Image



Your dog does not just have a social life. Your dog has a public brand. The dog park is their personal networking event, reality show and battlefield, all wrapped into one patch of slightly muddy grass. You, kindly unpaid assistant, are the official social media manager who forgot the phone at home.

This chapter is where you find out what kind of reputation you both have out there. Are you the calm, collected duo that everyone secretly admires, or are you known as the “oh, those two again” chaos entry on the daily park playlist

Let us run a few very scientific tests.

Dog Park Reputation Check

Use this quiz to rate your current public image. For each statement, give yourself:

- 0 points: **Never**
 - 1 point: **Sometimes**
 - 2 points: **Often**
 - 3 points: **Always**
1. Other dogs sprint toward your dog the moment you arrive.
 2. Other humans say your dog’s name before they remember yours.

3. You have had to say “sorry, he is normally not like this” this week.
4. Someone has called your dog a nickname you did not invent.
5. You can recognize at least five dogs purely by bark.
6. Your dog ignores you if their favorite friend is in sight.
7. People ask you for training or toy advice because you “seem to know things”.
8. You know which humans carry the good treats.
9. Your dog has a signature move, like dramatic flop or victory lap.
10. At least one person has said, “We love it when you two are here”.

Add your score.

0 to 8 points: Background Characters

You and your dog are calm, polite and slightly mysterious. You exist, you sniff, you leave. Nothing wrong with that. If you want more social life, try talking to one dog parent whose dog your dog already likes. The easiest icebreaker is always “What is your dog’s name again” even if you have heard it three times.

9 to 18 points: Recognizable Regulars

People know you, your dog has a small fanclub, and you are part of the rotating cast. You probably have a few park friends and a couple of mild nemesis dogs. This is the sweet spot, enough drama to be fun, not enough to need a lawyer.

19 to 30 points: Local Celebrities

You and your dog are fully part of park lore. Others tell stories that start with “Yesterday, you should have seen what they did”. This is powerful energy. Use it wisely, for example to normalize picking up poop and not letting your dog bully the shy ones.

Which Park Archetype Is Your Dog

Tick everything that matches your dog and see which type has the most ticks.

The Ball Professional

- Loses all interest in life without a ball in play.
 - Presents the ball to strangers as if recruiting new staff.
 - Stares at your throwing arm like a laser-guided missile system.
- If this sounds familiar, your dog sees the park as their personal stadium. Their public image, focused, intense and slightly obsessed.

The Social Butterfly

- Greets every dog with wiggly enthusiasm.
- Checks in with multiple humans for extra petting.
- Joins games that were not originally their games.
This dog is the extrovert host of the park, part mayor, part party planner, mostly joy in fur.

The Perimeter Inspector

- Walks the fence line like security on duty.
- Sniffs more than they play.
- Pauses often to scan the scene like a tiny guard.
Public image, serious professional, maybe secretly soft at home. The park is a job, not a circus.

The Drama Artist

- Yelps like the world ends when another dog bumps them lightly.
- Rushes back to you to file emotional complaints.
- Gives very loud opinions about unfair ball distribution.
Public image, high entertainment value, may receive many “poor baby” cuddles.

Your dog can be a mix, of course. Half Ball Professional, half Drama Artist is a perfectly valid character build.

Which Human Are You At The Park

You have a type as well. Mark everything that fits you.

The Helicopter Human

- Eyes glued to your dog at all times.
- Mentally tracking every interaction and body language signal.
- Says “gentle, gentle” more than any other word.
Upside, your dog is extremely safe. Downside, you sometimes forget to breathe.
The public image is caring, intense and slightly anxious.

The Snack Dealer

- Always has treats in at least one pocket.
- Knows who is allowed what and respects boundaries.

- Is followed by at least three extra dogs who would leave their families for you. You are the mobile snack bar of the park. Public image, beloved, powerful, occasionally blamed for sudden dog stampedes.

The Phone Zombie

- Checks messages more than dog interactions.
- Looks up suddenly when things get louder.
- Knows something happened because everyone laughs, but missed the start. Sometimes you need that break and that is fine. If you want to level up, do one walk per week in airplane mode and watch what your dog actually does.

The Chill Commentator

- Stands with other humans and quietly narrates the chaos.
- Knows the local dog drama, but keeps it light and kind.
- Steps in if needed, lets dogs figure mild things out if safe.
Public image, emotionally stable dog friend, unofficial moderator of the park.

Most people are a blend. Maybe you are a Helicopter at first and slowly become a Chill Commentator as you learn which dogs fit your dog best.

Owning Your Public Image

Here is the good news, no one out there is doing it perfectly. There is no “correct” archetype, only combinations that work better or worse for your specific dog. A shy rescue needs more Helicopter energy. A confident, body literate dog may do fine with a more relaxed approach.

Use the tests in this chapter as a mirror, not a verdict. If you like what you see, celebrate it. If you notice one thing you want to adjust, pick something tiny and practical.

Maybe you decide to be a little more Chill Commentator and a little less Phone Zombie. Maybe you train one extra recall cue so your Social Butterfly can keep their good reputation even around nervous dogs.

At the end of the day, your dog’s real public image is simple. “This is the dog that loves their human, and this is the human who really shows up for their dog.” Everything else is optional decoration on your muddy, happy, perfectly imperfect dog park story.

Chapter 10: Final Score, Titles, and Certificates

Take a deep breath. This is the moment of truth. You have filled out quizzes, circled options, rated yourself, and probably been judged by a pair of fluffy eyebrows. Now it is time to bring everything together and find out just how much your home is ruled by your dog.

You will not need a calculator, just honesty and maybe a snack. For you or the dog, that is your call.

First, find the total scores from your main quizzes. If you skipped any, you are allowed to go back, no shame at all.

From earlier chapters, collect:

- Household Power Test
- Dog Personality Quiz
- Dog Parent Style
- Relationship Triangle
- Walkies Power Dynamics
- Sofa and Bed Territory
- Treat Loyalty Test
- Dog Park Reputation

Give each quiz a simple rating:

- 0 to 5 points: Human leaning
- 6 to 10 points: Shared control
- 11 to 15 points: Dog leaning

If your quiz had a different maximum, just adjust roughly and trust your inner scientist.

Now, add up how many quizzes ended Human leaning, how many Shared, and how many Dog leaning. You are not looking for perfect math. You are looking for the general mood of your household.

If most of your quizzes are Human leaning, your home is officially labeled Reasonably Balanced. This does not mean your dog is not powerful. It simply means you still recognize the concept of “no” and use it sometimes.

If most quizzes are Shared control, welcome to the Dog Led Democracy. Decisions are technically discussed, but everyone knows whose happiness has the highest priority. You may occasionally say no, and then spend the next ten minutes explaining why.

If most quizzes are Dog leaning, congratulations, you live in a Fully Certified Dog Ruled Kingdom. Your schedule, furniture, and phone gallery have all adapted to this reality. You might occasionally pretend to be in charge when talking to non dog people, but your dog knows the truth.

Now that your overall level is clear, you receive your official title. Circle the one that fits your result.

For Reasonably Balanced:

- Responsible Companion Human
- Level Headed Pack Partner

For Dog Led Democracy:

- Elected Representative of the Dog
- Chief Negotiator of Treats and Walks

For Dog Ruled Kingdom:

- Royal Court Human in Permanent Service
- Supreme Provider of Soft Blankets and Snacks

Under your title, write your dog's full ceremonial name, including one of the ridiculous nicknames you already use at home.

Example:

Her Royal Highness, Princess Noodle Butt of the Living Room.

Next, you will create your official certificate. Use the space on this page or the next to draft it. You can decorate it later with paw prints, hearts, or crumbs.

Here is a simple wording you can adapt.

“This document confirms that on this day, the household located at:
has been inspected and evaluated.

The undersigned human acknowledges that the dog known as:
holds the position of primary source of joy, chaos, and fur.

The human accepts the role of:

and promises to provide walks, food, affection, and emotional support in accordance with the standards of this household.”

Sign and date it. You can even ask your dog to “sign” with a paw print or a very smudged nose mark.

If you share your life with more than one dog, feel free to add extra lines, titles, and mini roles. One can be Minister of Snacks, another Head of Security, another Chief Sofa Warmer. Your house is not crowded, it is simply running a very busy government.

To make things official, you can also create a short household oath. Read it out loud, ideally while your dog looks mildly confused.

“I promise to do my best, even on tired days,
to show up with patience, food, and silly voices.
I promise to celebrate zoomies, forgive muddy paws,
and remember that fur on the couch means love lives here.”

You can edit these lines so they sound like you. The point is not perfection. The point is to mark this page as a little ceremony for a life shared with a four legged roommate.

Finally, a short reflection. Answer these three questions in a sentence or two.

1. What is one rule you used to think was important before you lived with a dog?
2. What is one thing your dog has completely changed for the better in your daily life?
3. What is one silly thing you will proudly keep doing because it makes your dog happy?

When you are done, look at your answers, your title, and your certificate. Your home might not be perfectly organized. Your clothes might rarely be completely hair free. Your schedule might revolve around walks and naps. Yet that is exactly why it feels alive, loved, and full of wiggly joy.

Once all of that is done, give your work a physical place. Hang the certificate near the leash, tape it to the fridge, or slide it into a frame by the dog bed. Every time you walk past, you get a tiny reminder that your life is successfully ridiculous in the best possible way.

If you enjoy rituals, you can even schedule an annual review day. Sit down with this book, your dog, and a drink. Rerun a few quizzes, update the title if needed, add new nicknames, and adjust the certificate. Dogs change, humans change, and households evolve from Balanced to Democracy to Kingdom faster than you think.

Whatever your final score, you earned it together. You trained each other, shaped each other, and built a tiny world that smells like treats, coffee, blankets, and home and love, always.

Official conclusion: your dog is probably running the household. Thankfully, you would not have it any other way.