

A Guided Journal for Dog Nerds

# CONFESSIONS OF A DOG PARENT



Unleash Your Dog  
Parent Secrets

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## Chapter 1. Welcome to the Confessional

Congratulations, dog human. You have officially entered The Confession Zone, population: you, your dog, and all the ridiculous things you do in the name of love and snacks. This is not a training manual, not a serious behavior guide, and definitely not a place for guilt. This is your cozy corner to be brutally honest about how far you have already gone for that furry roommate with the big eyes.



Think of this book as a mix between a diary, a comedy show, and a support group for people who say “hi” to every dog on the street and forget the human at the other end of the leash. You are allowed to exaggerate, to be dramatic, and to admit things here that you would never say in a work meeting or at family dinner.

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## **How to use this journal**

There are no rules here, only suggestions. You can start at the beginning and move forward like a responsible adult, or open the book on a random page while your dog is snoring nearby and just start writing. Use a nice pen, a chewed pencil, colored markers, anything that makes it feel fun rather than like homework.

You do not have to fill every line. Some prompts might get one sentence, others might turn into a whole mini story about that time your dog stole a pizza slice bigger than their own head. Doodle in the margins if you feel like it. Add stickers or washi tape. Press a paw print somewhere if your dog cooperates.

Most important rule: write as if your dog is reading over your shoulder and judging you kindly.

Also, give yourself permission to keep this book where real life happens. On the coffee table, next to the dog hair and half finished tea. On the bedside table, ready for late night overthinking. On the toilet, where all truly important literature lives.

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## **Confession warm up**

Before we dive into the deep end of dog parent psychology, let us start easy. Use these prompts to warm up your honesty muscles.

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### **Prompt 1: How it started vs how it is going**

Write two short scenes.

*How it started:*

“I said I wanted a calm dog that would fit neatly into my existing life. I said I would be strict about rules, no dog on the bed, walks at normal hours, nothing crazy.”

*How it is going:*

Now describe the reality. Be honest about actual bed space, wake up times, and the number of toys in your living room.

Leave space to write your version here.

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## **Prompt 2: The moment I became a true dog person**

Describe the exact moment you realized there was no way back. Maybe it was when you cancelled plans because the dog looked sad, or when you proudly showed twenty almost identical photos of your dog sleeping to a coworker.

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## **Prompt 3: Things I swore I would never do, but now do for my dog**

Make a list. Examples to get you started:

- Sitting on the floor because the dog is comfortable on the couch
- Spelling out words like W A L K so they do not explode with excitement too early
- Saving the last bite of your sandwich because “they deserve something nice too”

Add as many personal items as you can think of and see how long the list becomes.

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## **Your dog, your identity**

You probably bought this book because you are not just a person who owns a dog. You are the kind of human who proudly calls themselves dog mum, dog dad, dog servant, or full time snack provider. Your dog is part of your identity now, just like your job, your hobbies, and your group chats.

Take a moment to write about that.

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## **Prompt 4: What my dog says about me**

Complete these sentences in your own words:

- If someone sees me walking my dog, they probably assume I am the kind of person who...
- The way I talk to my dog sounds like...
- If my dog could describe me to another dog, they would say I am...

Be as kind or as brutally honest as you like. Remember, your dog already knows everything anyway.

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## **Tiny rules of this confessional**

A few small guidelines to keep this space safe and fun, both for you and for the imaginary dog jury in your head.

1. **No shame for soft hearts**

2. You are allowed to love your dog more than is strictly rational. This is not a courtroom. If you write, “Yes, I canceled a date because the dog had big sad eyes,” the book will not report you.
3. **No pretending to be cooler than you are**
4. This is not social media. You do not have to act chill about the fact that you have a special voice you only use for your dog or that you narrate their thoughts out loud in public.
5. **Honesty over perfection**
6. Messy handwriting, crossed out lines, dark humor, all allowed. What matters is that it feels true to your life with your dog, not that it looks pretty on Instagram.

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## **One last warm up**

End this first chapter by writing a small love letter to your dog.

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### **Prompt 5: Dear dog, this is why I am writing in this book**

Tell your dog why you bought or received this journal and what you secretly hope to capture in these pages. Maybe you want to remember the small everyday moments that would otherwise slip away. Maybe you want proof of just how far gone you already are as a dog person.

Whatever your reason, write it down. This book is your witness.

When you are done, give your dog a scratch behind the ears, close the journal for now, and congratulate yourself. You have officially opened your personal dog owner confessional. Things are going to get delightfully honest from here.

## Chapter 2. Daily Rituals and Tiny Obsessions

Morning with a dog is not just a time of day, it is a whole personality. Your alarm is no longer your phone, it is four paws pacing, a wet nose breathing in your face, or the sound of a toy being dropped on the floor with great determination. Somewhere between the first tail wag and your first sip of coffee, you remember that you used to sleep in on weekends. Cute theory.

Daily life with a dog is a loop of tiny rituals that all blur together into one big feeling: “This is our life now, and honestly, I kind of love it.” This chapter is your space to notice and celebrate those small routines. The ones that look boring from the outside, but secretly hold your entire heart.



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## **Your morning script**

Most dog people can tell time based only on what their dog is doing. There is the stretch and sigh stage, the staring at your face stage, the “I tap the floor until you move” stage. Your mornings may not be glamorous, yet they are strangely sacred.

Use these prompts to capture your personal morning chaos.

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### **Prompt 1: Our real morning routine**

Write down your usual sequence, exactly as it happens on an average day. Start from the first moment your dog notices that you are awake. Include realistic details.

Do you scroll your phone in secret while pretending to still be asleep, because you know the dog will explode with joy the second you move? Do you talk to them before you speak to any humans? Do you step over toys on the way to the coffee machine?

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### **Prompt 2: The thing my dog always knows before I do**

Describe the moment in the morning when your dog seems to read your mind. Maybe they appear at the door when you only thought about going for a walk. Maybe they stand near the food bowl at the exact second your brain says “breakfast”. Note every tiny signal you think they use.

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## **Tiny rituals nobody else sees**

A lot of your dog life does not appear on social media. It is small, repetitive, and invisible to anyone who does not live with you. These are exactly the rituals that build your shared world.

Think about the little actions that you almost do on autopilot.

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## **Mini checklist: Do I do this, yes or no**

- I always keep “dog towels” near the door for rainy paw emergencies
- I have a specific phrase that means “we are just going for a quick pee, not a full walk”
- I step around the spot on the floor that is “their” nap corner, even when they are not there
- I automatically scan the street for cats, joggers, or dropped food before my dog sees them
- I know exactly which floorboard creaks and try not to step on it when the dog is sleeping

Add your own tiny rituals at the bottom of the page. They can be silly, practical, or strangely emotional. The point is to notice how much of your day is shaped by four paws.

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## **Food, water, snacks, repeat**

Feeding time is usually its own ritual. Maybe there is a dance near the bowl. Maybe there is a strict schedule. Maybe your dog has trained you to add “just a sprinkle” of something tasty on top.

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### **Prompt 3: The feeding routine from my dog’s point of view**

Write a short scene in which your dog narrates breakfast or dinner. How do they experience the sounds, smells, and micro expressions on your face? At what point do they know for sure that food is actually coming?

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### **Prompt 4: The snack standard we accidentally created**

Every dog parent has a snack pattern. After walks, during Netflix, when guests arrive, when you open the fridge. List all the situations in which your dog reliably expects a treat. Then circle the ones that you did not plan, they just somehow became tradition.

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## **Time, walks, and dog o’clock**

If someone looked only at your calendar, they might see work, appointments, and social events. If they watched your life from inside your home, they would see something else. They would see dog o’clock.

Dog o’clock is the time when walks happen, games start, and your dog begins The Stare that means “you know what time it is”.

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### **Prompt 5: My dog’s favorite time of day**

Describe the moment when your dog is at peak happiness. Is it the evening zoomies, the late night cuddle, the midday sunshine on the balcony, or the quiet moment after a long walk when they flop at your feet?

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### **Prompt 6: The times I have changed my plans because of dog o’clock**

Make a little confession list. How often have you left a party earlier, skipped an after work drink, or changed your route home because you knew your dog was waiting? Write down a few concrete examples, together with how you felt about each choice.

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## **The beauty of boring**

To someone who does not live with a dog, your routines might look repetitive. Same walks, same feeding schedule, same toys on the floor. To you and your dog, these repetitions are the soundtrack of a shared life.

Use the space at the end of this chapter to write about one tiny ritual that you never want to lose. Maybe it is the way your dog greets you at the door. Maybe it is the way they check on you when you move rooms. Maybe it is the soft snore in the background when you finally sit down.

Write it in detail. Let it be as small and uneventful as it really is. One day, you might look back and realize that these tiny obsessions and daily rituals were the big things after all.

## Chapter 3. Names, Nicknames and Secret Codes

If you ever find yourself introducing your dog with their full official name to strangers, then whispering three ridiculous nicknames into their fur, welcome. This chapter belongs to you. Here we record your dog's true identity, not just the name printed at the vet, but the wild list of things you actually call them when no one is listening.



For normal people, a dog has one name. For real dog people, that name is only the gateway. The longer you live together, the stranger it gets. One day you call them by their real name. A few months later you hear yourself say something like “Sir Wiggle Sausage” in public and realize you may have gone too far, but also not far enough.

This chapter is your safe space to confess how many identities your dog has and to decode the secret language that only you and your furry roommate truly understand.

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## The official story

Start with the version that would appear on paperwork.

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### Prompt 1:

My dog’s full official name is: \_\_\_\_\_

Why I chose this name: \_\_\_\_\_

Was it a childhood dream, a reference to a book or show, a pun, or a compromise with your partner? Write the origin story here.

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### Prompt 2:

Names that almost won but did not:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Maybe your dog narrowly escaped being called “Biscuit” or “Potato”. Maybe you rejected names because of exes, celebrities, or football teams. Record the drama while you still remember it.

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## The everyday names

Now we move to reality. The names that actually come out of your mouth when you walk into the kitchen and see your dog sitting there like a small chaos goblin.

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### Prompt 3:

All the nicknames I use on a weekly basis:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

If six spots are not enough, keep going into the margins. Most dog people discover they have at least a “sweet nickname”, a “chaos nickname”, and a “you are in trouble but I still love you” nickname.

Add a little code if you like. Mark each nickname with letters such as:

S = sweet and soft

C = chaos mode

T = used when they are in trouble

P = used in public by accident

## The embarrassing public ones

Some names sound adorable in your living room and absolutely unhinged in front of strangers.

### Prompt 4:

The most embarrassing nickname I have ever said in public is:

\_\_\_\_\_

Where this happened:

\_\_\_\_\_

Reactions from other humans:

\_\_\_\_\_

Would I do it again: yes / no / already did

You can also write down phrases you have shouted in the park, such as “Baby Noodle, use your brain, not your nose”. Future you will be very grateful for this evidence.

## Secret codes and spellings

At some point, you probably started spelling certain words. Maybe you say “We should take her for a W A L K” while your dog squints at you, trying to crack the code. Or you switch languages for sensitive topics like “vet” or “bath” so they do not panic too soon.

### Prompt 5:

Words I have to spell, whisper, or say in another language:

- Walk becomes: \_\_\_\_\_
- Vet becomes: \_\_\_\_\_
- Treats become: \_\_\_\_\_
- Bath becomes: \_\_\_\_\_
- Other sensitive word: \_\_\_\_\_

Write down which language or code you use and how long it took your dog to learn it anyway.

## Your dog's secret vocabulary

Communication is not one way. You speak human, your dog speaks body language, and together you invent a shared dialect.

### Prompt 6:

Things my dog does that are basically words:

- This bark means: \_\_\_\_\_
- This whine means: \_\_\_\_\_
- This specific stare means: \_\_\_\_\_
- This paw tap means: \_\_\_\_\_
- This dramatic sigh means: \_\_\_\_\_

Think of it as building a tiny phrasebook for your relationship.

## Special voices and tones

Almost every dog person has at least one special voice reserved only for their dog. Maybe it is higher pitched, maybe it is suspiciously close to a cartoon character. Your dog clearly loves it.

### Prompt 7:

Describe your dog voice:

Does it have an accent, a catchphrase, a standard greeting? Do you switch between “cute baby voice” and “serious training voice”?

Write a small dialogue between you and your dog, exactly how it sounds in real life.

You: \_\_\_\_\_

Dog: \_\_\_\_\_

You: \_\_\_\_\_

Dog: \_\_\_\_\_

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## Code words for moods

Some households also have code words for moods. Maybe you and your partner say “He is in potato mode” when the dog is extra lazy or “goblin hour” when the zoomies begin. These short phrases become your private weather report for the dog’s energy level.

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### Prompt 8:

Our household dog codes:

- Word or phrase: \_\_\_\_\_
- What it means: \_\_\_\_\_
- Word or phrase: \_\_\_\_\_
- What it means: \_\_\_\_\_
- Word or phrase: \_\_\_\_\_
- What it means: \_\_\_\_\_

These are not just silly labels. They are tiny private jokes that make your dog feel even more like part of the inner circle.

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## Your dog’s official royal title

To end this chapter, give your dog the full dramatic title they deserve. Put together something overly long and very honest, combining their best and worst traits.

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### Prompt 9:

My dog’s royal title:

“Her / His / Their Royal Highness \_\_\_\_\_, Guardian of  
\_\_\_\_\_, Destroyer of  
\_\_\_\_\_, Supreme Commander of  
\_\_\_\_\_.”

Fill the blanks with whatever fits: snacks, sofas, tennis balls, socks, carpets, kitchen floors, bed space.

Write it out neatly as if you were printing it on an official certificate. Add little doodles or decorative lines around it if that makes you happy.

When you are done, read back through all the names, codes, and voices you have admitted to using. This is your dog's real identity file. It says as much about you as it does about them. A dog may enter your life with one simple name, but by the time you close this book, they will have their own tiny language universe. And you, proud dog human, are fluent in every single version of it.

## Chapter 4. Conversations Only Dog People Understand

There is a special kind of conversation that never appears in official language apps. It happens in kitchens, hallways, dog parks, and on sofas at 23:47 when you should already be asleep. It includes baby talk, serious negotiations about snacks, full internal monologues spoken out loud, and at least three different versions of “Who is a good dog”.



If you are reading this, you probably already talk to your dog more than to most colleagues. You also talk about your dog in far more detail than you talk about your own health, career, or finances. This chapter is your place to collect those conversations, decode them, and admit how fluent you have become in Dog Human.

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## **Talking to your dog like a roommate**

Most dog people have running commentary mode. You narrate your own movements, your dog's movements, and sometimes the weather, all in that slightly higher voice that only your dog hears.

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### **Prompt 1: My daily commentary script**

Write out a normal day at home as if it is a script. Include the exact things you tend to say. For example:

- “Good morning, did you sleep well, you snoring potato”
- “Excuse me, why are you like this”
- “Ok, I am going to the bathroom, do not look so betrayed”

Notice how often you ask questions that do not really need answers. Also notice how often you answer them for your dog anyway.

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## **Secret code words and suspicious spelling**

Dog people quickly learn that certain words are dangerous. Say “walk”, “park” or “grandma” too clearly and your dog goes from deep sleep to full mission mode. So we invent code words, fake synonyms, and creative spelling.

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### **Prompt 2: The forbidden words list**

Write down all the words you cannot say out loud unless you are ready to follow through. Leave space to add new ones later.

Now write down the code versions you use:

- W A L K
- The O U T S I D E thing
- G R A N D M A
- The S N A C K situation

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## Reflection:

How often do you spell words in front of other humans who do not even speak your language, just because the dog might understand the normal version

### Translating dog noises into human sentences

You probably already translate your dog's sounds for other people. A sigh is "he is disappointed the walk is over". A single sharp bark is "someone dared to exist outside the window". A tiny whine is "I am starving, it has been eleven minutes since my last treat".

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## Prompt 3: My dog's basic vocabulary

Make a list with two columns. In the first column, describe the sound or body language. In the second column, write the translation you usually give it.

Example:

- *Sound:* Heavy dramatic sigh on the couch
- *Translation:* "This family does not appreciate me enough"
- *Sound:* Tiny questioning boof near the food cupboard
- *Translation:* "Excuse me, I think you forgot something important"

Fill the page with your own versions. This is your personal dog dictionary.

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## Conversations about the dog with other humans

Dog people speak a different dialect to each other. You tell long stories about poop texture, toy preferences, and the social politics of the dog park. You pull out your phone to show photos and scroll for three minutes to find the one where your dog looks "extra cute", as if there was a single exception.

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## Prompt 4: My standard dog story

Every dog human has a story they tell over and over. Maybe it is the chaos of the first week at home, the biggest escape attempt, or the time your dog picked a favorite human in a very dramatic way.

Write that story down here in detail, exactly how you would tell it to another dog person who gets it and would absolutely ask follow up questions.

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## Mini checklist: Dog people conversation starters

Tick all that you use regularly:

- “So, how is your dog doing these days”
- “Let me show you what she did yesterday”
- “Does your dog also do this weird thing where...”
- “Ok, I need advice, my dog has decided that...”

Add your own lines under the list.

## Scripts you repeat every single day

Many conversations with your dog are tiny scripts that repeat, day after day. You say the same thing when you come home, when you leave, when you take the leash, when you put down the food bowl. Your dog may not understand every word, but they know the rhythm, the tone, and the feelings behind it.

### Prompt 5: The coming home ritual

Describe in detail what you usually say and do when you come back home and your dog greets you. Include the words, the tone, and the choreography. Who speaks first, who moves first, who brings which toy or bag or shoe

### Prompt 6: The bedtime conversation

Write out the last short “conversation” you have with your dog before sleep. Maybe you tell them what will happen tomorrow. Maybe you apologize for the short walk. Maybe you simply say “good night, small creature, thank you for existing”.

## Your personal Dog Human phrasebook

To wrap up this chapter, you will create your own tiny phrasebook. Think of it as a travel guide for anyone visiting your household who wants to understand how you talk to your dog.

Create three sections and fill them in:

1. **Greeting phrases**
2. Everything you say when you see your dog after a break. Example: “Hello, my best decision ever” or “Did you miss me or just my snacks”
3. **Comfort phrases**
4. What you say during storms, vet visits, or scary noises. Example: “It is ok, I am here, the bin men are not our enemies”
5. **Celebration phrases**

6. Words you use when your dog does something great or just exists very cutely.

Example: "Look at you, you perfect loaf of fur"

Leave a few blank lines under each section so you can add phrases as you catch yourself using them in daily life.

When you are done, read a few of your sentences out loud, preferably with your dog nearby. You may feel slightly ridiculous, but your dog will probably wag, tilt their head, or fall asleep in that deep, safe way that says everything without a single human word.

You, fluent in Dog Human, are exactly their person.

## Chapter 5. Rules We Made, Rules We Broke

There is a special moment in almost every dog household. It is the moment when the sentence “Of course the dog will not be allowed on the couch” becomes the quiet memory of a different lifetime. At first there were rules. Clear, sensible, adult rules. Then there was the dog. Now there is the reality, also known as sharing one pillow and leaning off the edge of your own bed like a polite guest.



This chapter is your safe space to admit how those rules evolved. You are not alone. Somewhere out there, another dog nerd is whispering “no table scraps” while casually sliding a piece of cheese under the table with their foot. Let us write it all down.

### The original contract

Start with the version of you that still believed in structure. The human who said things like “We have to set boundaries from day one” and “Consistency is important.” Give that person a moment of appreciation. They tried.

#### Prompt 1: The rules we started with

Write down the official rules you had before your dog moved in, or in the early days. You can use these starters or create your own:

- The dog will sleep in ...
- The dog is not allowed on ...
- The dog will only get treats when ...
- The dog will not be fed from ...

- We will not adjust our social life because of ...

Leave some space under each rule. You will need it for the next part.

### **Reality check**

Now we move from theory to practice. This is where the journal turns into a tiny crime scene investigation.

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### **Prompt 2: Rule vs reality**

Take each rule from Prompt 1 and write what really happens now. For example:

- Rule: “The dog will sleep in their own bed.”
- Reality: “The dog has three beds, plus full access to our bed, plus a special blanket on the couch for naps.”
- Rule: “No dog on the couch.”
- Reality: “We sit in weird angles to avoid disturbing the sleeping dog on the couch.”

You can make this into a playful list. Your goal is not to shame yourself. It is to document the natural evolution from strict plan to lived dog life.

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### **Rules your dog ignores completely**

Some rules did not just soften. They were never respected in the first place. Your dog looked at them, considered them carefully, and then chose chaos.

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### **Prompt 3: Ignored rules**

List every rule your dog has pretended not to hear, understand, or care about. Examples:

- “No barking at the window”
- “No begging during dinner”
- “You stay on your side of the bed”

Next to each one, note the typical response from your dog. Do they bark even louder, add dramatic eye contact, or slowly inch closer until their nose is practically in your plate?

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### **Rules your dog invented**

Here comes the truth. You did not just lose rules. New ones appeared. Many of them created by the dog.

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### **Prompt 4: The dog's house rules**

Write down at least five “rules” that clearly originate from your dog's preferences. For example:

- All walks must pause if there is an interesting smell
- No human is allowed to use the toilet alone
- Reserved time for zoomies after a bath
- Breakfast must be served at exactly the same minute every day

Notice how many of these rules you now follow automatically. That is not failure. That is a functional human, successfully trained by a fluffy life coach.

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### **Negotiations, bribes and loopholes**

Dog rules are rarely black and white. Most of the time, the household runs on negotiations, shortcuts and tiny compromises that you pretend are temporary.

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### **Prompt 5: Our favourite loopholes**

Describe the ways you bend your own rules without fully admitting it. For example:

- “We do not feed the dog from the table. We just quietly drop things near the floor and look in another direction.”
- “The dog is not allowed in the bedroom, except on Sundays, holidays and emotional emergencies.”
- “We only give healthy treats, except when the dog was brave at the vet, or cute, or existing.”

Write them all down. Laugh at how creative you have become.

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### **When rules change for a good reason**

Sometimes rules soften because you learned more about your dog, or about training in real life. Not every broken rule is failure. Some are growth.

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### **Prompt 6: Rules I am glad we changed**

Think about any rule that looked good on paper but did not fit your actual dog or life. Maybe crate rules, alone time, furniture access, or strict feeding times.

Write why you changed them and what improved afterwards. Did your dog sleep better, relax more, become less anxious? Did your own stress go down once you stopped forcing a rule that did not fit?

This part is for acknowledging that you and your dog are a team, not a dictatorship. Adjusting is a sign of attention, not weakness.

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## **Writing the real household treaty**

To close this chapter, you will write the rules that actually exist now. Not the Instagram version. The real ones.

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### **Prompt 7: Our honest house rules, dog edition**

Create a short list titled “This is how we really live here”. Include both serious and silly rules. A mix might look like this:

- Someone always checks the dog before leaving the house
- The bed belongs to everyone, but the dog chooses position first
- Walks matter more than a perfectly clean floor
- If the dog is scared, comfort comes first
- Drool and hair are part of the interior design

Leave space to add more over time. Life changes. Dogs change. Rules will keep evolving.

When you are done, read your list out loud. If your dog is nearby, consider this your official signing ceremony. You are not the strict rule enforcer you planned to be. You are something better. You are the human who learned to live in a shared universe, where one of the citizens happens to be a four legged comedian with very strong opinions about furniture.

## Chapter 6. The Dog versus Everyone Else

If you live with a dog, your home is no longer a simple one to one relationship. It is a small universe with shifting alliances and one furry diplomat who believes they run all negotiations between humans.



Your dog is not neutral. They pick favorites, test people, and remember exactly who shared pizza crust last summer. Every human in your life also has feelings about your

dog, from full body heart eyes to polite distance. Use this chapter to map the gentle social drama that quietly circles around your four legged star.

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## **The partnership triangle**

Let us start with the classic triangle. You, your dog, and your partner or closest human.

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### **Prompt 1: The real third wheel**

Write about a moment when you realised your dog is not “just the pet” but a full member of the relationship. Maybe they insist on sitting between you on the couch. Has a date night ever turned into a walk because the dog looked too offended.

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### **Prompt 2: Ranking our priorities**

Finish these sentences in your own words. No one has to see this except you and the dog.

- When it comes to bed space, the true owner of the blanket is ...
- When it comes to scheduling, the one who sets the day is ...
- The person who gives the most snacks in this relationship is ...
- The one our dog would pick in a game of “come here” is probably ...

If you feel brave, show this page to your partner and let them add their own version in another colour.

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## **Family, in laws and dog laws**

Every family handles dogs differently. Some relatives want to feed half the fridge to your dog. Others greet you at the door with a vacuum already in hand.

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### **Prompt 3: Family dog politics**

Describe how each part of your family interacts with your dog. You can make a small list.

- People who treat my dog like a grandchild
- People who act polite but secretly do not get it
- People my dog loves more than is reasonable

Add one or two short stories about visits or holidays where your dog changed the plan.

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### **Prompt 4: House rules versus family rules**

Write about the differences between your own dog rules and those of relatives. Maybe your parents still believe dogs should not be on furniture, while your dog climbs onto

their sofa with total confidence. Maybe your sibling lets your dog lick plates clean, and now your dog thinks that is a universal law.

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## **Friends, social life and the plus one with paws**

Your dog is often your mental plus one. Sometimes that works beautifully. Sometimes it creates small social puzzles.

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### **Prompt 5: The dog friendly inner circle**

Make a list of people who genuinely enjoy your dog. Add notes.

- This friend always brings a toy or treat
- This friend lies down on the floor to cuddle
- This friend sends me dog memes at strange hours
- This friend knows my dog's birthday or gotcha day

Then list the people who like you but are unsure about the dog. How do you manage that. Do you baby gate. Do you hold the dog on a leash. Do you secretly feel judged if someone does not immediately fall in love with your furry soulmate.

---

### **Prompt 6: Social invitations and the dog filter**

Complete these sentences.

- Events I say no to because my dog would hate them are ...
- Events I say yes to faster if my dog is welcome are ...
- The nicest thing a friend ever did for my dog was ...

---

## **Tiny ranking lists**

Now it is time for some quick rankings. No overthinking, just write what feels true.

---

### **Prompt 7: Who spoils the dog most**

Rank the humans in your life from “maximum self control” to “cannot say no to those eyes”. Give each person a small title.

---

### **Prompt 8: Trust levels**

Make a list showing who you trust to look after your dog without instructions and who needs a detailed manual.

- People I would trust with my dog for a week
- People who can handle an afternoon walk

- People who are allowed to babysit for one hour with me on call

Be kind, but also honest. This is not about judging them. It is about admitting how much your dog means to you.

---

## **The emotional centre of your universe**

To close this chapter, zoom out a little. Your dog may not sign legal documents or pay rent, but emotionally they are a central character in your story.

---

### **Prompt 9: How my relationships changed because of my dog**

Write about at least three things in your human relationships that changed after your dog came into your life. Maybe you argue less because walks clear your head. Maybe you argue more about who forgot to close the trash bin. Maybe you discovered which friends feel like family when they automatically talk to your dog on video calls.

---

### **Prompt 10: If my dog could vote on my social circle**

Imagine your dog choosing the guest list for a perfect evening at home. Who would be invited. Who would be on the “please only visit when I am at daycare” list. Describe the scene. Which humans are on the floor. Who is handing out snacks. Where are you sitting.

When you finish this chapter, you might realise that your dog is not against everyone else at all. They are simply the gravitational centre around which your little universe spins. Your job is to keep translating between species, managing snacks and feelings, and protecting at least one small corner of the pillow.

## Chapter 7. Chaos, Drama and Legendary Stories

If you live with a dog, you do not just have memories. You have stories. Not calm, tasteful stories. The kind of tales that make other dog people nod in recognition and make non dog people look slightly alarmed. This chapter is your personal highlight reel of chaos, drama, and the legendary moments that turned your dog into a main character.



Think of this chapter as your “greatest hits” album. Not the perfect training wins, but the glorious disasters. The time your dog escaped the bath and ran laps through the house. The walk that started as a relaxing stroll and ended with you, your dog, and one unlucky pigeon in complete confusion. This is where you write the stories you will still be telling ten years from now.

---

## **Warming up your disaster brain**

Start small. You do not need a Hollywood level script. Just pick one memory that always makes you laugh or cringe, and give it a page.

---

### **Prompt 1: The most chaotic thing my dog has done so far**

Use these questions to structure the story:

- Where were you and what was supposed to happen
- What did your dog do instead
- Who witnessed it and what was their reaction
- How long did it take before you could laugh about it

Leave space to write the full scene. Think of it like a voice note to your future self who half forgot how wild this day actually was.

---

## **Measuring the madness**

Some moments feel big in your head, others are objectively huge. Time to create a personal scale of chaos.

---

### **Prompt 2: My personal chaos rating system**

First, define three levels:

- Level 1, Cute chaos. Slight inconvenience, very good photo opportunity
- Level 2, Serious chaos. Cleaning required, apologies maybe required
- Level 3, Legendary chaos. Family still talks about it, dog probably remembers too

Now pick three real events from your life with your dog and label them Level 1, 2, or 3. Describe each in a few lines. You will see quickly where your normal baseline sits.

---

## **Drama queen or undercover agent**

Some dogs scream when a leaf brushes their tail. Others quietly cause disaster with a completely straight face. Time to map your dog’s personal drama profile.

---

### **Prompt 3: My dog's official drama profile**

Complete these sentences in your own words:

- My dog overreacts most when...
- The sound that always triggers drama is...
- The biggest performance we have ever had at the vet, the groomer, or on a walk was when...
- On a scale from calm potato to full soap opera star, my dog usually lives around...

Add any recurring “signature moves”. The collapsing in slow motion when you say “no”. The tragic sigh when the walk ends. The shocked look when the food bowl shows the bottom.

---

### **Witnesses, co victims and accomplices**

Legendary stories are rarely solo. There are neighbors, friends, partners, kids, random strangers at the park, all pulled into the scene.

---

### **Prompt 4: People who were there**

Make a list of humans who have seen your dog at maximum chaos. For each person, write:

- What happened
- Their immediate reaction
- How they retell the story now

Maybe your partner tells it like a horror movie. Maybe your best friend tells it like the best comedy ever. Both versions are part of the legend.

You can also note any dog accomplices. That one friend dog who always doubles the trouble. The tiny puppy who taught your adult dog new bad ideas.

---

### **Turning chaos into proud legend**

At the time, some events did not feel funny at all. Mud in the car, shredded cushions, escape attempts, mysterious stomach issues. Looking back, many of them turn into proof of life together rather than proof of failure.

---

### **Prompt 5: A disaster I can laugh about now**

Write about one situation that stressed you out in the moment but that you now tell as a story. Describe:

- What you felt then
- What you feel now looking back
- What this story says about your dog’s personality
- What it secretly says about your own

You may notice a pattern. Often, the worst moments are also the most “us” moments.

---

## **Your top five legendary moments**

Finish this chapter with a simple list and very short summaries.

---

### **Prompt 6: Top five legendary dog moments**

Create a numbered list from one to five and fill it with titles, plus one or two lines each. For example:

1. The Great Sofa Explosion
2. The Day We Met the Hedgehog
3. The Time I Chased My Own Tail and Fell Off the Bed

Give each event a tiny headline that you could imagine on a movie poster or in a group chat. You can decide later which one deserves its own full page elsewhere in the journal.

---

## **Letting your dog tell their version**

Dogs do not keep diaries, at least not on paper. Still, you know exactly how your dog would describe some of these events if they could talk.

---

### **Prompt 7: If my dog could retell one story**

Choose one legendary moment from this chapter and write it again, but this time in your dog’s voice. Let them explain what their plan was, why it seemed like a great idea at the time, and how unfair or hilarious the human reaction was. You can exaggerate as much as you like. The goal is to see the chaos through their eyes and to remember that, most of the time, your main character was just trying to live their best dog life.

When you close this chapter, you should feel like the unofficial historian of your dog’s most chaotic achievements. You have lived through the drama, cleaned it up, apologised to whoever needed it, and turned it into storytelling gold. That is what legendary dog humans do.

## Chapter 8. Feelings, Fears and Big Love

Somewhere between the walk schedules, the muddy paw prints and the squeaky toys at 23:07, something bigger is happening: this little creature has climbed into your heart and rearranged the furniture. This chapter is about the quiet part of being a dog human, the part you usually hide behind jokes and memes. The feelings. The worries. The ridiculous, oversized love that somehow fits into your everyday life.



You are not dramatic for caring this much. You are a normal, fully functioning dog nerd whose heart has excellent taste.

---

## **How your dog helps you on bad days**

There are days when you come home tired, annoyed, overstimulated, or all three. Then there is a nose at the door, a tail that wags your whole soul back into place, and a furry weight that lands next to you on the couch like a living weighted blanket.

---

### **Prompt 1: My dog as emotional support creature**

Write about one bad day your dog helped you through. Include details.

- What happened before you saw your dog
- The exact moment things started to feel softer
- What your dog did: cuddling, clowning, insisting on walkies, just existing nearby

Finish the story with this sentence:

“At that moment, my dog reminded me that life is still allowed to be \_\_\_\_\_.”

Let the word be something like silly, gentle, hopeful, or absolutely chaotic.

---

## **The quiet worries you do not say out loud**

Every serious dog human has a secret drawer of worries in the back of their brain. Most of the time you keep it closed. But sometimes it slides open: What if something happens to them. What if I make the wrong choice. What if time is moving faster than I want to admit.

This book will not fix those worries, but it can hold them for you.

---

### **Prompt 2: Things I secretly worry about as a dog parent**

Write a list of sentences that start with “Sometimes I worry that...”

Examples to start you off:

- Sometimes I worry that I am not giving my dog enough mental stimulation
- Sometimes I worry that I will miss a sign that something is wrong
- Sometimes I worry about how I will cope when my dog is very old

You do not have to solve anything here. Just let the worries exist on paper instead of swirling in your head.

Now complete this sentence:

“If my dog could answer me honestly, they would probably say: ‘Human, please stop worrying so much about \_\_\_\_\_ and focus more on \_\_\_\_\_.’”

---

## **What you hope your dog somehow knows**

Dogs do not read your text messages or your spreadsheets or your therapy notes. They only know what your body, your voice and your routines tell them. Still, you probably have a whole list of things you hope they can feel in their bones.

---

### **Prompt 3: Messages my dog understands without words**

Finish these lines in your own way:

- When I come home and say your name like that, it secretly means...
- When I touch your forehead and exhale slowly, I hope you understand that...
- When I adjust my own plans around you, I am really saying...

Then write a mini letter:

“Dear dog, in case the tail wags and cuddles were not clear enough, here are three things I really need you to know:”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

---

## **Gratitude, but dog themed**

Gratitude lists can feel very generic: roof over head, food, health. Your dog has their own category in that list. They are the little anchor that keeps your week from drifting completely into nonsense.

---

### **Prompt 4: Tiny dog shaped thank you list**

Write one page of “Thank you for...” sentences directed to your dog.

For example:

- Thank you for forcing me to go outside even when I want to scroll my brain away
- Thank you for listening to terrible music and never judging my playlists
- Thank you for making eye contact with me when I feel like a background character

Do not overthink it. Aim for at least ten lines. The more specific the better.

---

## **The emotional upgrade you did not see coming**

Before your dog, you might have believed you were “not a very emotional person” or “too busy for this level of attachment.” Then a wet nose arrived and upgraded your emotional software without asking.

---

### **Prompt 5: How my dog changed the way I feel in general**

Reflect on these questions, then write a short paragraph for each:

- Am I softer with myself since my dog arrived
- Am I more patient, more present, or at least slightly more amused by everyday life
- Has my sense of what truly matters shifted

Finish with:

“My life before my dog felt like \_\_\_\_\_. My life with my dog feels more like \_\_\_\_\_.”

---

## **A safe place for fear and hope**

Big love always comes with the risk of loss. You know this, and you still chose this dog. That is brave. You do not have to write about worst case scenarios if you do not want to, but you are allowed to acknowledge that loving a dog so deeply can feel frightening and precious at the same time.

---

### **Prompt 6: Holding both fear and love**

Complete the following:

- I feel scared when I think about...
- I feel strong when I notice that our everyday life is full of...
- I feel grateful that right now, today, we still get to...

Close the page with one grounding sentence, something you can come back to on anxious days. For example:

“Today, my job is not to control the whole future, only to give my dog a good day right now.”

Write your own version in your own words.

---

## **Ending this chapter with a soft landing**

To finish, bring everything back to something small and doable. Not a big life plan, just one clear act of love.

---

**Prompt 7: One tiny act of love I will give my dog this week**

Choose something simple: a slower walk where you let them sniff every interesting corner, an extra five minutes of evening cuddles without your phone, a new game, or just sitting on the floor with them because they prefer it that way.

Write it down as a promise:

“This week, I will...”

Leave space, then sign it like a very official, very devoted dog human.

When you close this chapter, notice how it feels in your chest. Heavy in a good way. Full. That is big love. That is what this whole strange, muddy, loud, joyful dog life is built on.

## Chapter 9. Seasons, Holidays and Special Traditions

A year with a dog is not one story, it is four seasons, several holidays and a ridiculous number of small rituals that only make sense in your household. Your dog does not care about calendars, but they absolutely know when the air smells different, when the humans start acting weird with boxes of decorations, and when certain treats mysteriously appear every year.



This chapter is your place to map out your shared year. Think of it as a seasonal scrapbook in words, for the dog obsessed human who secretly plans their weekends, holidays and outfits around walks, weather and fur.

### Your dog's favorite season

Most dog people eventually realize that their dog clearly has a favorite time of year. Maybe it is the crisp autumn wind that makes them sprint like a maniac, or the first snow that unlocks full pogo stick mode.

#### Prompt 1: Our perfect season

Write about which season your dog seems to love most, and why. Use these questions to get started.

- In which season does my dog have the most energy
- When do walks feel most magical for me

- What smells or sounds belong to that season for us

Describe one perfect day in that season from wake up to bedtime, from your dog's point of view or from your own.

---

## **Weather drama and fashion choices**

Seasons also mean very specific weather related negotiations. Some dogs adore rain, others look at you like you personally invented it. Some households own more dog coats than human jackets.

---

### **Prompt 2: Our weather highs and lows**

Finish these sentences in your own words.

- The best kind of weather for us is, because...
- The worst kind of weather for us is, because...
- Our most ridiculous weather outfit moment was...

Make a short list called "Things I have said out loud about the weather because of my dog," for example:

- "These clouds do not look walk friendly"
- "We can pee faster, the storm is coming"

---

## **Holiday season, dog edition**

Now let us talk about the human holidays that your dog has unknowingly claimed. Maybe you swore you would never buy a Christmas sweater for a dog, yet here we are.

---

### **Prompt 3: How my dog hijacked the holidays**

For each holiday you celebrate, write a few lines about how your dog is involved. Feel free to add traditions you accidentally invented.

- Birthday or gotcha day
- New Year's Eve
- Christmas or winter holidays
- Halloween or any costume heavy event
- Any cultural or family specific celebration

Questions to guide you:

- Does my dog get extra food, extra toys, extra cuddles, or all of the above

- Do I adjust my plans because my dog does not like noise, crowds or fireworks
- Which holiday photo of my dog lives rent free in my brain

If you have ever left a party early to check on the dog, write about that too. This is a judgement free zone.

---

## Rituals that repeat every year

Some traditions are less about calendar holidays and more about recurring events, like the first snow, the first warm day in spring, or that one annual trip to the lake, forest or dog friendly café.

---

### Prompt 4: Our unofficial traditions

Make three mini lists.

#### 1. Seasonal rituals

- First snow routine
- First spring walk without a thick coat
- First summer swim or ice cream moment
- First autumn leaf pile chaos

#### 2. Annual events

- Trips or visits you try to repeat every year
- Dog sport events, meetups, family visits

#### 3. Household traditions

- Special breakfast on weekends
- Long Sunday walk route
- Movie night with dog on the couch

Underline the ones you want to protect at all costs.

---

## Special days just for the dog

You may have a birthday tradition, a “gotcha day” or simply a made up “dog appreciation day” once a year. These days say a lot about your relationship and your personal dog parent style.

---

### Prompt 5: Designing the perfect dog day

Imagine one day per year that is purely about your dog. Write it out in detail.

- Morning surprise
- Special activity
- Snack situation
- Evening cuddle routine

Then write down how close your current reality is to that fantasy. Maybe you already do half of it without thinking.

---

## **When seasons change inside you as well**

Sometimes the emotional seasons in your life match the real ones, sometimes they do not. Dogs can be little anchors through it all. Maybe a dark winter felt brighter because of your dog's goofy face, or a stressful summer was easier because of quiet late night walks together.

---

### **Prompt 6: A season my dog helped me survive**

Think of one period in your life that was messy, stressful or just heavy. Write about:

- What was going on in my life at that time
- What changed in my routines with my dog
- Small ways my dog made it more bearable

This is not about big dramatic stories only. Even “work was annoying, but the evening walks kept me sane” counts.

---

## **Creating a future tradition**

You do not need a perfect Instagramable tradition. You just need something that feels like yours. A silly, small, repeating ritual is more than enough.

---

### **Prompt 7: One new tradition I want to start**

Choose one idea from below, or invent your own.

- A yearly “photo in the same spot” walk, to see how you both change
- A seasonal “new sniff route” every spring or autumn
- A small personal ritual on your dog's birthday every year

Write a short plan. Keep it very simple, almost boring, so it is easy to actually do. Note what you need for it and how you will remember it next year.

---

## **Closing this chapter**

To finish, write a short letter to your future self.

---

### **Prompt 8: Dear future me in one year**

Write about:

- What you hope has stayed the same in your life with your dog
- What you hope has changed
- Which tradition you hope you kept

Sign it with your name and maybe add a tiny paw stamp later. One day, you might read it back and realize that your life is quietly built from all these recurring moments, walks and rituals that you share with your dog, season after season.

## Chapter 10. Future Memories and Lasting Pawprints

At some point, every dog human realizes something important. You are not just collecting toys, leashes and slightly embarrassing photos. You are collecting a whole era of your life that smells like walks, sounds like snoring, and looks like fur on every single black outfit you own. This chapter is here to help you bottle that era a little, so that your future self can open these pages and smile.



We will not get heavy or dramatic here. No sad movie soundtrack. Think of this as a planning session for great memories you have not made yet, plus a soft little archive of who you and your dog are right now. Future you gets to read this on a random Tuesday and think, "Wow, that was such a good time."

### **Prompt 1: Our future highlight reel**

Imagine a tiny trailer for the next seasons of your life with your dog. If someone turned your relationship into a series, what would be in the opening montage of the coming episodes?

Write about:

- Places you still want to visit together
- Walks you still want to explore in your own city
- New games or sports you would like to try
- People your dog still has to charm

Describe at least three future scenes as if they already happened. Use present tense, like you are walking there right now.

---

## **Prompt 2: Small rituals I want to keep**

Some of the best memories are not the big road trips or the fancy photoshoots. They are the tiny rituals that quietly repeat until one day you realize they have become sacred.

Make two lists.

### **List A: Rituals we already have that I want to protect**

Examples:

- The way you always greet each other when you come home
- A special route you take on lazy weekend walks
- A bedtime routine involving ridiculous baby talk

### **List B: Rituals I want to create on purpose**

Maybe it is a Friday treat walk, a monthly photo in the same spot, or a yearly "gotcha day" celebration. Write down three to five ideas that feel true for you, not for Instagram.

---

## **Prompt 3: Lessons from a four legged life coach**

Your dog has probably taught you things, whether you noticed or not. Patience, silliness, better boundaries, or at least how to open treat bags silently. This is the place to give credit.

Complete these sentences in your own words:

- Because of my dog, I take more time to...
- My dog reminds me that it is completely okay to...
- One habit my dog does perfectly that I could copy is...
- If my dog could give me one sentence of advice, it would sound like...

Let yourself be a little cheesy here. No one is grading this.

---

## **Prompt 4: Letter to my future self as a dog human**

Write a short letter to the future version of you who opens this book years from now. Maybe you still live with this same dog. Maybe not. Either way, future you will remember exactly how this stage felt because you are writing it down.

You can include things like:

- What everyday life with your dog looks like right now

- What you hope you still remember about their personality
- Promises you want to make about how you treat yourself and your dog

Start with "Dear future me and possibly future dog" and see what comes out. Do not overthink it. Just talk to yourself across time.

---

### **Prompt 5: The legacy of muddy paws**

Every dog leaves a mark on a home. Sometimes literally on the carpet. Sometimes in the shape of changed habits and softer hearts. This is your chance to map what has already changed in you because of your dog.

Answer these:

- My friendships or relationships changed in this way because of my dog:
- My free time looks different now because:
- My priorities shifted from this to this:
- One thing my dog made me brave enough to do:

You can be honest about the chaos too. Maybe your house is messier but your life feels more alive.

---

### **Prompt 6: Our memory blueprint**

To finish this chapter, create a simple blueprint for the memories you still want to build. Think of it like a tiny project plan, but for joy.

Use these sections:

#### **In the next 3 months, I want to:**

Write down small, realistic ideas. A new walking route, a picnic in the park, a lazy Sunday with no plans except naps and snacks.

#### **In the next year, I want to:**

Maybe a weekend away together, a photo session with a friend behind the camera, or trying a new dog activity.

---

### **Before this chapter of our life changes, I want to remember that:**

Finish this sentence in as many ways as you need. "I want to remember that my dog used to..." or "I want to remember that I felt..."

---

## **Prompt 7: If my dog could scrapbook**

Imagine your dog had their own version of this journal and opposable thumbs to use it. What would they want to paste, tape, or draw in it?

Write a short page from your dog's point of view that starts with "Dear human, thank you for" and then list the moments they would probably keep. Not the perfect ones, but the real ones. The slightly chaotic walk in the rain. The late night snack. The morning you overslept and the whole routine went sideways.

This will remind you that behind all your planning and worrying, your dog mostly cares that you are there.

When you are done with this page, close the book for a second and look at your dog. This whole thing, all these pages and confessions and plans, exist because you decided that this fur covered chaos is worth documenting. That is already a beautiful legacy.

Future you is going to be very glad you picked up a pen.