

CAT BEHAVIOR CHEAT SHEET

The Hidden Reasons Behind Common Cat Behavior Problems

Most cat behavior problems are not bad behavior.

They are signals that something in your cat's environment, routine, health, or daily needs may need attention.

Use this quick guide to identify some of the most common causes behind everyday cat behavior problems.

1. PEEING OUTSIDE THE LITTER BOX

Common Causes

- Dirty litter box
- Poor litter box location
- Stress or anxiety
- Conflict with another cat
- Urinary tract or other medical problems

What To Do

- Scoop litter boxes daily
- Place boxes in quiet, low-traffic areas
- Provide one litter box per cat, plus one extra
- Watch for changes in urination and contact your veterinarian if concerns arise

2. SCRATCHING FURNITURE

Common Causes

- Normal territory-marking behavior
- Lack of appealing scratching surfaces
- Scratching posts placed in the wrong locations

What To Do

- Provide sturdy scratching posts and scratchers
- Place them near favorite resting areas and entry points
- Reward your cat for using appropriate scratching surfaces

3. HIDING MORE THAN USUAL

Common Causes

- Stress, fear, or anxiety
- Changes in the household
- New pets, visitors, or routine disruptions
- Pain, illness, or discomfort

What To Do

- Identify recent changes that may be causing stress
 - Provide safe hiding places and quiet resting areas
 - Monitor for additional signs such as reduced appetite or lower activity levels
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4. ALWAYS HUNGRY OR CONSTANTLY BEGGING

Common Causes

- Feeding schedule issues
- Food that does not keep your cat satisfied
- Increased activity levels
- Certain medical conditions

What To Do

- Feed measured meals on a consistent schedule
 - Consider higher-protein foods when appropriate
 - Track weight and appetite changes
 - Contact your veterinarian if hunger increases suddenly
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5. NIGHTTIME ZOOMIES

Common Causes

- Pent-up energy
- Lack of structured play
- Natural hunting instincts

What To Do

- Schedule interactive play sessions each day
 - Increase mental stimulation and activity
 - Offer a small meal after evening play sessions
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6. MEOWING MORE THAN USUAL

Common Causes

- Hunger
- Boredom
- Stress or anxiety
- Attention-seeking behavior
- Medical conditions

What To Do

- Look for recent changes in routine or environment
 - Increase daily interaction and play
 - Consult your veterinarian if the behavior is sudden or excessive
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IMPORTANT

Any sudden, severe, or unexplained behavior change should be taken seriously.

Behavior changes can sometimes be early signs of illness, pain, or stress.

THE KEY PRINCIPLE

Most cat behavior problems are symptoms, not misbehavior.

Understanding the cause is the first step toward solving the problem and helping your cat feel safe, healthy, and comfortable.

For more cat behavior, health, feeding, and care guidance, visit [Cat Lovers Junction](#).