

# Recognising signs of fear & anxiety in dogs

Our dogs are communicating with us all the time, but we don't always know what they are saying. This guide is kindly brought to you by Lintbells™, the University of Bristol and FABC to provide signs that could mean your dog is fearful or anxious.

## Facial expressions



Ears held back



Lip licking



Yawning



Panting  
(but it's not hot!)

## Wide eyes and / dilated pupils

### Avoiding eye contact

### Furrowed brow

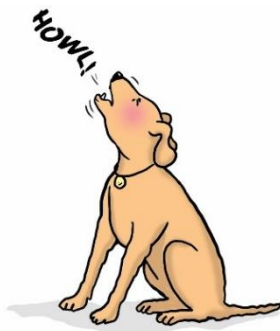


### Tightened mouth

### Curled, snarling lips

### Snapping or biting

## Vocalisations



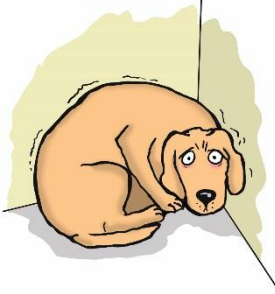
Whining, howling, barking  
or growling

## Out-of-context behaviour



e.g. scratching, spinning, tail-chasing, sniffing ground, shaking-off

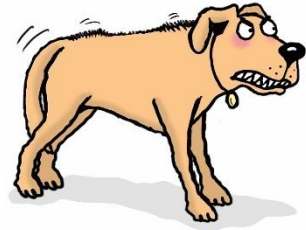
## Body posture



**Cowering,  
lowered posture**



**Shivering / shaking  
(but it's not cold!)**

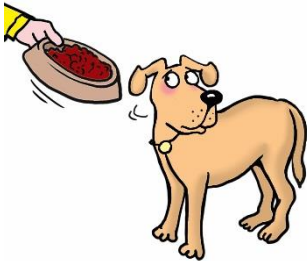


**Raised hackles  
Tail tucked between  
back legs**

Unsure, weight held back, over hind legs  
Or, forward body posture & stiff tail  
'Appeasement roll' (exposing tummy)



## Other behaviours



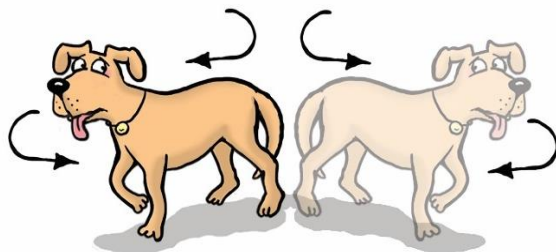
**Refusing food**



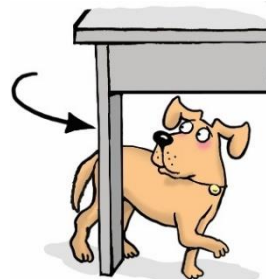
**Accidents**



**Destructiveness**



**Restlessness**



**Avoidance / escape**

Attention-seeking (e.g. jumping up, pawing, following you)