

# Submissive and Excitement Urination

If your dog greets you or your guests excitedly upon arrival and then squats or rolls over and pees, you could be dealing with excitement or submissive urination. A dog that is completely housetrained can still have trouble in this one area when it comes to urination habits. Submissive and excitement urination are not housetraining problems; they are an involuntary reflex that requires some patience and confidence building to correct.

## Why does my dog pee when I greet him?

A dog who feels threatened or lacks confidence may urinate uncontrollably, either a little or a lot. He may also have accidents if he is being punished or verbally scolded, or when someone he perceives as a threat approaches him.

Your dog will likely overcome his submissive urination as he gains confidence. You can help to build his confidence by teaching him cues and rewarding him for obeying. Consider enrolling your dog in an obedience class that uses positive reinforcement to teach your dog new cues (see "[Basic Obedience Training for Dogs](#)").

Avoid things that might cause your dog to submissively urinate which can include;

- ◆ Scolding
- ◆ Rough handling
- ◆ Giving him attention when he is excited



## Additional Resources

Behavior modification of fearful dogs can be difficult to do without the help of a professional and can cause the behavior to get worse.

Please contact our Behavior Team to speak with a skilled behavior specialist.

[BehaviorTeam@spca.org](mailto:BehaviorTeam@spca.org)

214-461-5169

[www.spca.org/petuniversity](http://www.spca.org/petuniversity)

## What you can do to help

Along with obedience classes, there are other ways to build your dog's confidence including:

- ◆ Keep greetings low key. Ignore your dog when you first come home until he calms down.
- ◆ Kneel down to your dog's level rather than leaning over him.
- ◆ Pet your dog under the chin and on the chest rather than over the head or on the back.
- ◆ Ask him to sit before petting him.

In some cases, or if the behavior started happening suddenly, you might need to visit your veterinarian to rule out any medical reasons for the behavior.

While you are working on building your dog's confidence you could play with your dog outside to avoid any accidents in the house. Many dogs will grow out of the issue fairly quickly if you follow these guidelines. In some cases, however, the problem can persist if the dog is frequently punished.