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**Submissive Urination in Dogs**

Submissive urination is when a dog pees because they feel scared, anxious, or unsure of themselves. It’s not a sign that your dog isn’t house-trained or that they’re doing it on purpose. Instead, it’s a way dogs show they aren’t a threat. When dogs feel nervous around people or other animals, they might pee as a way of showing that they mean no harm.

**Why Do Dogs Urinate Submissively?**

This behavior usually happens when a dog feels overwhelmed or intimidated. It’s common in puppies and young dogs, but some older dogs can do this too, especially if they’re naturally shy or have had bad experiences that make them feel scared.

Dogs may urinate submissively in situations like:

* When someone greets them with a lot of excitement.
* After being scolded or corrected.
* When meeting strangers or other animals.
* If a person or animal stands over them or makes direct eye contact.

Most puppies outgrow this behavior as they gain confidence, but for some dogs, it can last longer if they continue to feel anxious or unsure.

**What Does Submissive Urination Look Like?**

In addition to peeing, dogs who are submissively urinating may show other signs that they feel insecure, such as:

* Crouching down or lowering their body.
* Rolling over onto their back and exposing their belly.
* Avoiding eye contact by looking away or at the ground.
* Flattening their ears and keeping their body low.

These behaviors show that your dog is feeling insecure and trying to avoid conflict.

**Common Triggers for Submissive Urination**

Submissive urination is often triggered by specific situations or interactions. Here are some common causes:

* **Overwhelming greetings**: If you greet your dog with too much excitement, they might pee because they feel overwhelmed.
* **Harsh correction**: If a dog is scolded too harshly, they may urinate to show they are sorry and don’t want to fight.
* **Strangers or new animals**: New people or animals can make a dog feel nervous, especially if they are shy or timid.
* **Past experiences**: Dogs that have been treated roughly or harshly in the past may be more likely to urinate submissively because they associate people with fear.

**How to Help Your Dog**

Building your dog’s confidence is important to help them stop submissive urination. Here are some steps to help:

* **Stay calm**: Greet your dog quietly to avoid overwhelming them.
* **Give them space**: Allow your dog to approach people or other animals at their own pace and reward them for calm behavior.
* Use positive reinforcement (rewarding your dog with something they like, such as treats, praise, or affection, to encourage good behavior): Reward your dog when they stay calm and confident.
* **Avoid punishment**: Never scold or punish your dog for submissive urination. This will only make them feel more insecure.

**Why Punishment Doesn’t Work**

Using punishment or negative training methods can make your dog’s behavior worse. When dogs are punished for submissive urination, they may become more anxious or scared. This makes it harder for them to learn what you want them to do. Punishment can confuse your dog, making them feel like they can’t trust you, which could cause more behavior problems in the future.

Instead, focus on rewarding good behavior. Positive reinforcement helps your dog understand what behaviors are good and leads to a stronger bond between you and your pet.

**Managing Interactions to Reduce Stress**

If your dog often urinates when they are nervous or overwhelmed, adjusting how you interact with them can help. Here’s what you can do:

* **Stay low and calm**: When greeting your dog, avoid towering over them or making quick movements. Instead, kneel and let them approach you when they feel ready.
* **Take breaks**: If your dog starts to get too excited, stop for a few minutes to let them calm down. You can even practice commands like “sit” or “down” during these breaks to help your dog focus.
* **Encourage calm behavior**: Always reward your dog when they are calm and avoid overly enthusiastic greetings that may make them feel anxious.

**When to Seek Professional Help**

If your dog continues to have issues with submissive urination, you may want to seek help from a professional dog trainer or behaviorist. In rare cases, medical problems could be causing your dog to urinate inappropriately, so a visit to the vet is also a good idea if the behavior seems unusual.

**Supporting Your Dog with Patience**

Submissive urination is a common problem in dogs, but it can be managed with patience and understanding. By creating a calm environment, using positive reinforcement, and helping your dog build confidence, you can reduce these behaviors over time. With your support, your dog can become more secure and confident, leading to a stronger, more comfortable relationship for both of you.