

# Signs of *anxiety* and **fear**

*From Dr. Marty Becker*

Take note of these signs to save your pet from stress.

**T**ake a look at the long list below, and you may not be surprised that many signs of anxiety and fear in dogs or cats are commonly overlooked. Repeated episodes of fear can result in your pet experiencing

unnecessary stress and, thus, a reduced quality of life. If you notice any of these signs frequently, schedule a visit with your veterinarian to help determine the cause, and learn how to lessen and eventually prevent future episodes.

Avoiding eye contact

Barking

Biting

Blinking, squinting

Clinging to owner

Cowering

Defecation

Dilated pupils

Dribbling urine/  
submissive urination

Ears lowered or flattened

Freezing or walking slowly

Furrowed brows

Growling

Hardened eyes  
(direct stare with pupils dilated)

Hiding

Hissing

Hypersalivation

Hypervigilance

Jumping and startle easy at  
slight changes—hyperalert state

Licking lips

Lifting one paw

Lip curling

Mouth closed tightly  
or pulled back

Mouth pursed forward

Mouthing

Nails extended

Nipping

Pacing

Panting

Piloerection (raised hair)

Rigid forward stance

Running off

Screaming

Self-grooming  
(scratching, licking self)

“Shaking off”

Shedding

Slow-motion moving

Snapping

Sniffing/appearing  
distracted

Staring

“Sweaty” paws

Tail tucked

Taking treats harder than usual,  
being pickier with treats, or not  
taking treats at all even if hungry

Trembling

Turning away (C-shape)

Turning head

Whining

Whiskers erected

Wide-eyed/sclera showing

Will not settle down and rest, or  
will for a moment but back up  
and moving again

Won't accept treats

Yawning

