

Taming the Beast

Contamination concerns can include fear of germs, bodily fluids, fear of getting sick or spreading illness, and physical sensations of feeling contaminated or gross.

Dogs can bring us so much joy and be a great way to challenge contamination fears.

Doughnuts are a tasty treat and wonderful reward for a job well done!

Activity: Petting our gentle beast, Otis the therapy dog, and then without any cleaning or avoidance, eating a doughnut.

