

# Animal Care Centers of NYC Decompression Period 'The Rule of Threes'



When you bring a new pet into your home, regardless of their behavior or personality, they will need some period of decompression before they are fully comfortable. During this time they may be particularly fearful, anxious, and may hide in your home. The most important thing to remember is that this is normal! Their behavior will evolve and settle in after days, weeks, and even months. This is often referred to as the '*Rule of Threes*', which helps us understand our pet's behavior during their decompression period.

## THREE DAYS

***In the first  
3 days...***

Feeling very  
overwhelmed

Too uncomfortable  
to showcase their  
personality

Avoiding your or hiding  
all the time

Hesitant to eat and drink

Pushing boundaries  
and acting out

## THREE WEEKS

***After being with you  
for 3 weeks...***

Settling in and getting  
used to a routine

Personality is starting  
to emerge

Socializing and  
playing more

Learning the rules of  
their new home

Behavioral issues  
may start to show

## THREE MONTHS

***After being with you  
for 3 months...***

Very comfortable in  
their new home

Personality has  
fully emerged

A bond of trust has  
been formed

Fully set in their  
new routine

Knows that they are in  
their forever home

