Jenn Barg's simple, working definition/description of arousal so that it makes sense and can be identified by shelter staff:

- Physiological/Psychological state impedes cognitive function
- Behaviors include but are not limited to:
 - Alert, ready to spring
 - Persistent mouthiness
 - Hard, physical contact
 - Inability to 'settle'
 - Tugging, thrashing leash/clothing
 - Destructive behavior
 - Panting, spinning, vertical leaping, 'surfing'
 - Absence of normal, social cues
 - Dilated pupils