

# The Not-So-Scary DOG



by Alanna Propst  
illustrated by Michelle Simpson



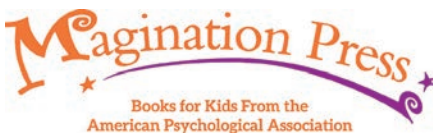
# The Not-So-Scary Dog



By  
**Alanna Propst, MD**

Illustrated by  
**Michelle Simpson**

**Dedicated to my family.  
Special thanks to Dr. Chandra Magill for her  
support and guidance during this process—AP**



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**“Oh Tommy, you’ve got mail, it’s from Joey down the street.  
An invite to his birthday bash, it sounds like such a treat!  
A trampoline and games, and even prizes to be won.  
Then pizza? Cake? An ice-cream truck? Oh wow, this sounds so fun!”**



My hands they shook, my breath was short,  
my heart began to race.  
Tears filled my eyes and wet my cheeks.  
I looked up at Mom's face.



“What’s wrong?” she asked, her eyes concerned,  
“It’s like you’re in a fog.”  
“I can’t go to his birthday, Mom,  
because he has a dog!”

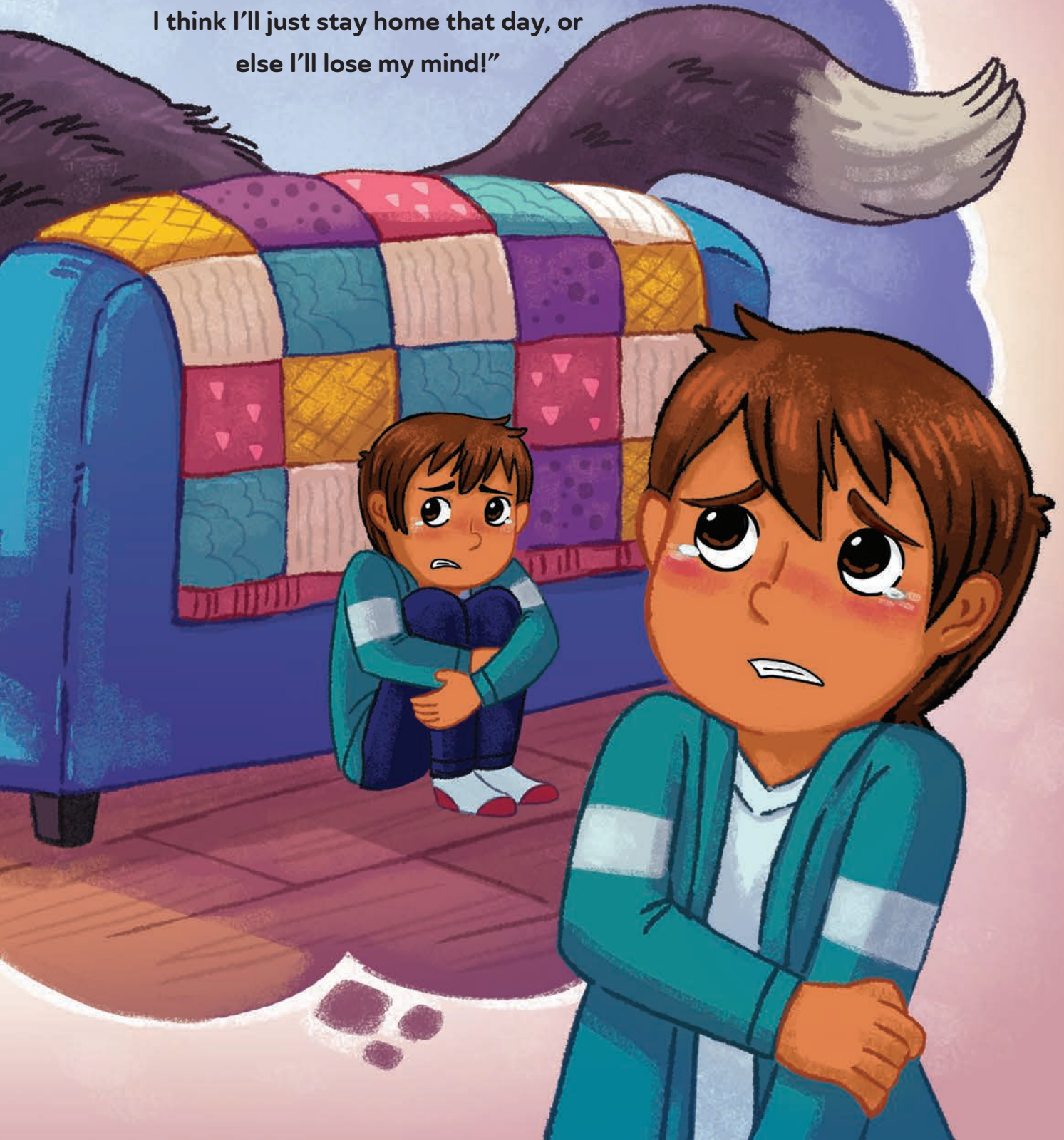


“He’s eight feet tall and barks a lot;  
he slobbers and is hairy.  
Oh please don’t make me go to this,  
the dog is way too scary!





His teeth are long and sharp like swords;  
he doesn't look too kind.  
I think I'll just stay home that day, or  
else I'll lose my mind!"



**“You know, I get just how you feel! I used to fear dogs too.  
But then I tried exposure, a technique I’ll now teach you.  
Exposure means to not avoid the things that cause alarm,  
Since getting close is the best way to learn they won’t cause harm.”**

