

# 3-3-3 Rule of Adopting a Cat

## 3 Days

*To Decompress*



- Uncomfortable with the new environment (sounds, smells, sights)
- Feeling overwhelmed
- Scared and unsure of what is happening
- Not comfortable being themselves
- Showing aversion to food/water
- Shuts down and/or hides under or behind furniture
- Testing boundaries

## 3 Weeks

*To Learn Your Routine*



- Starting to settle in
- Feeling more comfortable in the environment & with you
- Realizes this could maybe be their forever home
- Getting used to your daily routines (Feeding times, your work schedule, etc.)
- Begins to let their guard down and show their true personality and behaviors

## 3 Months

*To Start to Feel at Home*



- Finally feels comfortable in their new home
- Set into their new routine
- Gained a sense of security with their new person/family
- Building a true bond and sense of trust

## IT DOESN'T HAPPEN OVERNIGHT

*\*PLEASE note that every cat will react and adjust differently, please have patience and give them time to settle in*

*For more information visit [CatBehaviorSolutions.org](http://CatBehaviorSolutions.org)*