
CatWorldly Cat Behavior Observation Journal

Use this when:

- A behavior is confusing, repeated, new or worsening.
- You need to separate what happened from what you guessed it meant.
- You want better notes for a veterinarian or qualified behavior professional.

Direct answer:

Write down the scene before deciding what the cat meant. One tail position, one meow or one scratch does not explain the whole behavior. Context, body language, recent events, resources, people and the human response all matter. Sudden, painful, risky, appetite-linked or litter-linked behavior changes should move to professional help instead of only being logged.

Observation entry

Date: _____

Time: _____

Location: _____

What happened immediately before?

People present:

Animals present:

Body language

- Tail: _____
- Ears: _____
- Pupils/eyes: _____
- Posture/movement: _____
- Vocalizing: _____

Context

- Noise or activity nearby: _____
- Touch, petting or handling: _____
- Food, treats or meal timing: _____
- Litter, water, bed or resting spot nearby: _____
- Door, window, box, carrier or territory issue: _____

What the person did:

What happened next?

Is this behavior new or worsening?

- ☐ New
- ☐ Repeated but stable
- ☐ More frequent
- ☐ More intense
- ☐ Paired with appetite, water, litter, movement or grooming change

What helped?

What made it worse?

Questions for a veterinarian or behavior professional:

Common mistakes:

- Do not guess from one signal without context.
- Do not punish normal scratching, hiding or warning signals.
- Do not force contact when a cat is trying to leave.
- Do not treat sudden litter, appetite, pain or mobility changes as attitude.
- Do not use a comic scene as evidence for behavior advice.

Next CatWorldly steps:

- Cat Behavior and Communication: <https://catworldly.com/body-language/>
- Scratching redirection: <https://catworldly.com/cat-scratching-furniture-redirection/>
- Health and Safety Review Policy: <https://catworldly.com/health-safety-review-policy/>