🐾 A SUPURR GUIDE FROM KJ · YOUR KITTY CORRESPONDENT

SuPURR Guide to Calming Cat Conflict

Safety-first, trust-building guidance for cats who aren't getting along — and the humans who are exhausted.

If You're Here, This Has Probably Been Going On a While

If you've found your way here, this probably isn't new. You've tried separating. You've tried reintroducing. You've adjusted your life around doors and timing. You're tired.

You didn't miss something obvious. You didn't fail your cats. You are not a bad cat parent..

Long-term cat conflict isn't about effort. It's about patterns that formed under stress — and stress changes how the cat brain works.

Safety Comes First

If there is aggression, safety matters more than progress.

Aggression includes chasing, cornering, blocking access to resources, attacks, or one cat living in fear. This doesn't mean your cat is bad. It means their nervous system is overwhelmed. Get your cats safe. Separate rooms – no way to make eye contact (which in a cat's world IS aggressive).

Why Conflict Lasts

When conflict lasts weeks or months, the nervous system learns to stay alert. Even calm moments feel fragile. You're no longer dealing with behavior alone — you're working with a nervous system pattern.

Medical Issues Matter

Any behavior modification plan includes ruling out medical issues for a very important reason: Pain or discomfort lowers tolerance and changes scent and body language. To another cat, pain smells like instability — and instability feels unsafe.

Two Valid Paths Forward

Full Reset: Needed when aggression is active or tension never drops. It lowers baseline stress and interrupts fear loops.

Micro-Shifts: Helpful when calm exists inconsistently. Small predictable changes reduce competition and build safety.

Real-World Try This Examples

Fine until they're not: Separate before trigger times. Parallel play and feeding.

One cat hiding: Create a protected home base, a truly safe space. Rebuild confidence solo.

Litter box conflict: Add boxes, remove dead ends, improve exits.

Breaking up fights: Immediate full reset. No pushing through.

What We're Actually Rebuilding

The goal isn't friendship. The goal is predictability, choice, and nervous-system peace.

Calming the Human

Your calm is not extra. It is a primary intervention.

Slow movements, lower voice, fewer words, and less hovering help cats settle faster than any technique.

What Progress Looks Like

Less staring. Easier exits. Relaxed bodies. You not holding your breath.

Where to Go for Support

KJ's Cat Club (Free): Calm resources and grounded guidance.

SuPURR Society: Deeper ongoing support with cat parents who get it.

Limited 1:1s & Referrals: Occasionally available with me — or referrals to trusted behavior professionals when needed.

Because sometimes you need a steady outside nervous system to help reset the room.

One Last Thing

We don’t force cats into trust. We build environments where trust can land.

You are not late. You are not alone. You are choosing a calmer path forward.

More free help for you & your cat: **kjontheair.com/resources**
Join the free SuPURR Community: **kjontheair.com/join**