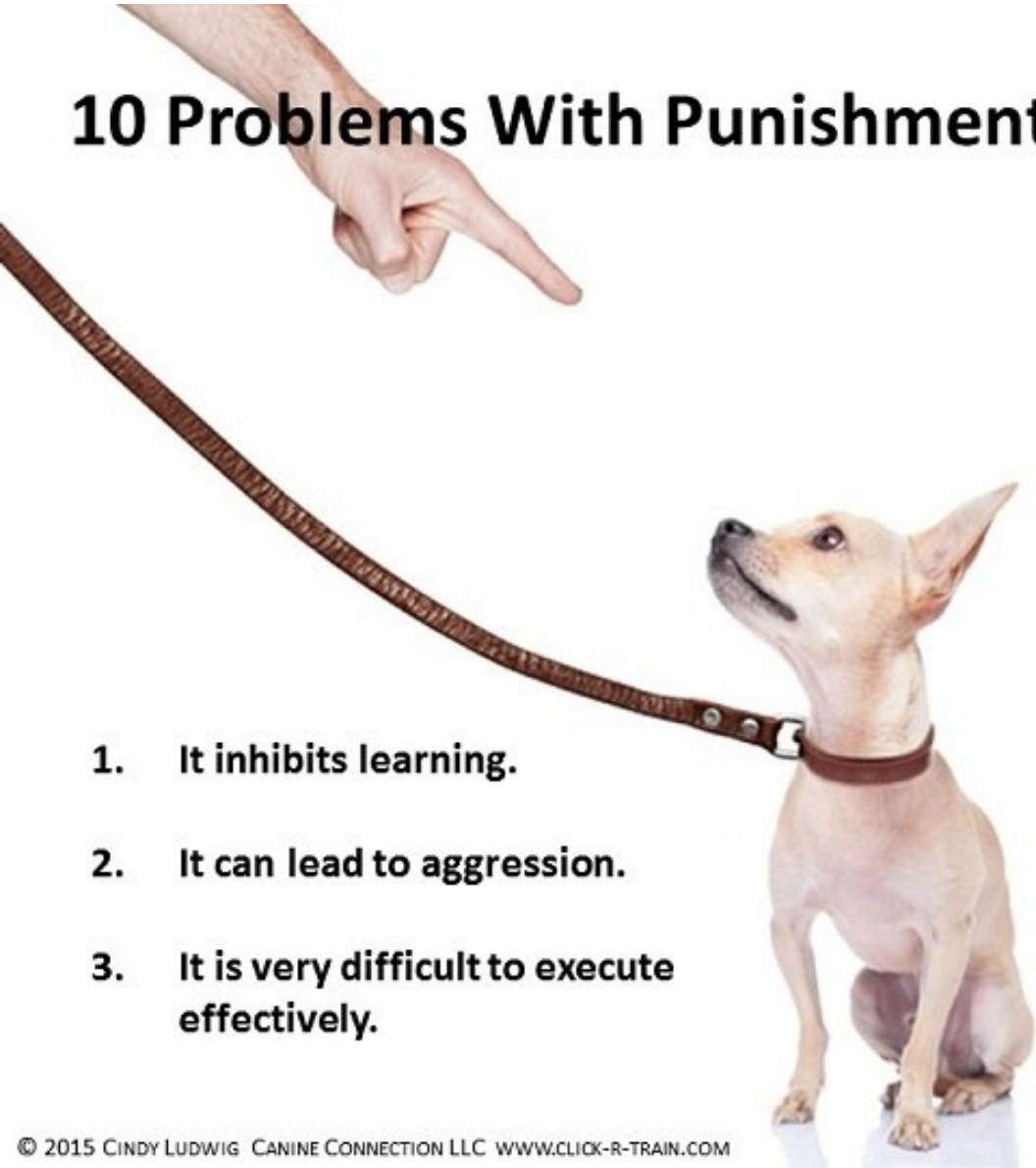


# 10 Problems With Punishment



1. It inhibits learning.
2. It can lead to aggression.
3. It is very difficult to execute effectively.

4. It doesn't teach the dog what to do.
5. It doesn't stop the reinforcement for the unwanted behavior.
6. It can increase behavior if applied inconsistently.
7. The animal can grow used to the punishment so that higher and higher levels of intensity are required.
8. The animal can develop unintended associations with the punishment, for example, other animals or people.
9. It is disempowering for the animal.
10. It is habit-forming for the punisher.