

This Leadership program is for people with dogs that rule the home and exhibit problem behaviors. This is a gentle and fair program designed to earn you more respect from your dog.

***If your dog is aggressive, please consult your trainer for solutions to specific problems.***

## Leadership

- Leaders make the rules (do you make the rules, or your dog?)
- Leadership is about controlling resources
- Leadership is not about being harsh or unkind
- At first, Leadership may confuse your dog because it is new
- Before long, Leadership will make your dog happy

## Resources

Resources are the “stuff of life”, all the things your dog needs or wants. We control resources for humans! So, why not for dogs?

- If your two year old child wants to grab every candy bar off the shelf at the store, we do not permit him or her to do so. (Control food)
- If your four year old child tries to run into the street, we stop him or her. (Control space)
- If your eight year old child does not want to do homework, we insist that he or she does. (Control time)

## NILIF

NILIF means “Nothing in Life is Free”. NILIF will help you become a leader your dog not only loves but also respects.

Nothing in life is free? That's right, nothing. Everything is the opposite of nothing. For a period of time, you will control your dog's resources. Think about this—we control resources every day for our children. We do this as a gift, for their physical and psychological well-being. We can and must do the same for our dogs, especially dogs that exhibit symptoms of poor psychological adjustment.

Dogs that have clear Leadership from their owners are not unhappy, nervous, or aggressive. Deprived of Leadership, dogs may withhold affection at times, demand affection at other times, refuse to follow commands, or not permit grooming. In some cases, deprived of Leadership, dogs may bite their owners or others.

Dogs that growl at or bite their owners do so when they are afraid, or when they are attempting to explain their rules to people who “just don't seem to listen.”

If your dog bites you when you try to remove him or her from your bed, here is its message to you: “This is my bed. I let you sleep here too, but it is my bed. You have no right to remove me from it. I have told you and told you by growling. Now I must show you by biting.”

This is life in the Backwards Zone, where your dog is convinced that he or she owns the house and everything in it, including the people. Yet, try as they might, most dogs do not make good Leaders. After all, they live in a

confusing human world. To flip the situation around, you must employ good Leadership skills and NILIF. Before long, you will find your dog becomes more relaxed, more affectionate, more tolerant, and much happier.

NILIF is about controlling these resources:

- Food
- Water
- Toys
- Time
- Space
- Sniffs on Walks
- Affection

Your dog needs every one of these resources. If your dog, however, believes it gets all of these things because he or she was born a special and powerful puppy into a home full of servants, your dog will appreciate none of them. So, to be perceived as a Leader, you must control resources by making it clear that you are the fountain of all things good, and that you must be respected. Help your dog earn resources as payment for a job well done.

## How We Control Each Resource

### Food

Do not free feed. For the first three weeks, give food only during training exercises, not left on the floor all day. A very high percentage of problematic dogs are allowed to pick at food all day long. In nature, dogs must work hard to find food. The psychology of your dog depends on working for food. Feed your dog twice per day. After the first three weeks, have him or her sit in front of you. Put the bowl down. Release him or her to the food. This is working for food. Remove what he or she doesn't eat within 10 minutes. Do not offer food again until the next meal time. Do this for the rest of your dog's life.

Treats are also a food resource. For the first three weeks of the program, do not feed treats at all. This will help your dog get on a regular meal schedule, and also shows him or her you are no longer a servant. After three weeks, if you want to give your dog a treat, ask him or her to do a small series of jobs to earn it. Ask your dog to come, sit, or down. Use the treat as a reward, not as a bribe.

***If your dog guards food or high value treats, consult your trainer for a special process to deal with guarding behavior.***

### Water

Dogs need frequent access to water, especially in hot weather, after exercise, or after eating dry food. When refilling the water bowl, sit your dog, put the water down, and release him or her to the bowl. If your dog doesn't want to drink, put the bowl away and try again a bit later. If your dog bites, do this for two weeks.

### Toys

If you have toys all around the house, pick them up, put them in a box, and put the box out of sight. When you think your dog would enjoy playing with a toy, you select one from the box and give it to him or her. Ask your dog to sit or down before giving the toy. Do not play tug of war with your dog for 30 days\*.

***If your dog is a biter, never play tug-o-war with your dog again.***

Allow your dog to play with the toy or play with him or her. Periodically remove the toy from your dog. Ask him or her to sit, and then give it back, or replace it with a different toy. When you decide playtime is over, put away all the toys again. Do this for the next 30 days.

***If your dog guards toys or objects, consult your trainer for a special process to deal with guarding behavior.***

## Time

You are the one who decides what you and your dog will do at any given moment. We make an exception for those times when your dog asks to go outside to potty. However, do not respond to your dog's demands to do anything else specific. You set the timetable. For example, if you have decided that your dog should lie quietly by your side for a few moments, do not respond to his or her attempts to distract you from that goal. Merely place your dog on leash, hold the leash and gently prevent him or her from leaving the area, barking, or soliciting play. Eventually, he or she will settle and lie down. This is called tethering (or Settle the Dog). Do this several times per day for 5 to 10 minutes, and do it for 30 days.

## Space

You get to decide where your dog will put its body. A very high percentage of dogs with problems sleep on their owners' beds. If your dog is a biter when on a human bed, ban your dog from the bed and sleeping in the bedroom for life. Simply close the bedroom doors. If your dog is a biter, do this for life. If your dog is not a biter, do this for the next 30 days\*\*.

Getting up on furniture also sends the wrong message to dogs with behavior problems. It tells them they are your equal, and that you are not the Leader. If your dog is a biter, then have him or her drag a 10 to 20 foot line in the home **when you can supervise so he or she doesn't tangle and choke**. If he or she should get up on furniture, do not say anything or even look at your dog. Simply take the end of the line, turn your back, and walk away from the furniture, impersonally removing your dog. Be persistent, and eventually your dog will learn to stay off furniture. If your dog is a biter, furniture is banned for life. If your dog is NOT a biter, do this for 30 days if you don't mind your dog on furniture. If you do mind, do this for the rest of your dog's life.

When walking through tight spaces, such as through doorways, always walk through before your dog. Simply use your body to block the openings until you have walked through first. Do this for the rest of your dog's life.

***If your dog bites when guarding space, consult your trainer for a solution before trying this approach.***

Crate training is very healthy for your dog's state of mind. Dogs are born in calm, quiet space such as a whelping box. Instinctively, they can learn how to enjoy this private space. A dog who calmly permits you to crate him or her, periodically, respects your authority. To help your dog learn to enjoy the crate, never place him or her in it as punishment. Instead, toss a treat into the crate, and allow your dog to enjoy its treat in his or her very own master bedroom. Remember, if your dog has severe problem behaviors, the crate should not be placed in your bedroom\*\*. Your dog will learn to enjoy the crate faster if you feed him or her meals in the crate.

## Sniffs on Walks

Sniffing interesting smells when on the walk is part of being a dog. But it is also a resource. When your dog stops to sniff in the first few moments of the walk, keep going and deny your dog this resource. After your dog is walking attentively, grant this resource by allowing an occasional stop to sniff. Do this for the rest of your dog's life.

***If your dog exhibits aggression to dogs or people on the walk, or if he or she pulls uncontrollably, consult your trainer for solutions.***

## **Affection**

This is the hardest resource for humans to control, yet it is one of the most important. The one who decides when you show affection to your dog will control the relationship. Affection can be defined as talking to your dog, touching your dog, and giving eye contact to your dog.

Do not give affection when your dog demands it. Instead, help your dog earn your affection by doing a command like come, sit, or down. Then use affection as a reward for a job well done. Do this for the rest of your dog's life.

If your dog is NOT a biter, give only the minimum amount of affection for two weeks.

If your dog is a biter, consult your professional dog trainer for solutions, and give only the minimum amount of affection for 30 days.

## **Try it. You'll like it!**

I will not try to convince you to use this Leadership program. I will simply tell you that I train many dogs with problem behaviors. This program works for the vast majority of them. After a short period of confusion due to the changes, the dogs become far happier than they were before the program. Dogs do not want—and do not know how—to be leader. They want YOU to be their leader.

Give your dog the gift of Leadership, and you'll both be far happier.

## NILIF: Nothing in Life is Free

Controlled Resource	Management Plan	Duration: Most Dogs	Duration: Biters
<b>Food</b>	No free feeding or treats. Dog must work for meals	3 Weeks	Forever
	No free feeding. Dog must sit and wait for meals	Forever	2 Weeks
	Work for treats (as a reward, not a bribe)	Forever	Forever
<b>Water</b>	Dog must sit and wait for water, when refilling the bowl	Forever	Forever
<b>Toys</b>	Owner chooses when play starts and stops. Dog must work for a toy	30 Days	30 Days
	No tug-o-war	30 Days*	Forever
<b>Time</b>	Tether your dog to you several times per day, 5 to 10 minutes each time. Dog must settle and lie quietly.	30 Days	30 Days
<b>Space</b>	Dog does not sleep in the bedroom**	30 Days	Forever
	Dog not allowed on any furniture	30 Days	Forever
	Dog follows you through tight spaces	Forever	Forever
	Use the crate	Forever	Forever
<b>Sniffs on Walks</b>	Stop to sniff is allowed only as a reward for walking attentively	Forever	Forever
<b>Affection***</b>	Give affection as a reward for good behavior (your dog may not demand affection)	Forever	Forever
	Give a minimum amount of affection	2 Weeks	30 Days

\*Krystal's Personal Belief: This is great exercise. Not applicable if your dog will stop on command.

\*\*Krystal's Personal Belief: Dogs can sleep in the bedroom, but NOT on the bed, if they have any dominance issues.

\*\*\*Controlling affection does NOT mean ignoring your dog. Affection is fine if you initiate the attention, not your dog. In other words, if it's your idea, it's a good idea; if it's your dog's idea, it's a bad idea.