



Nothing in Life is Free Philosophy (NILIF)

The NILIF philosophy reorganizes the leadership in your dog to human relationship; placing you as the leader.

The NILIF philosophy teaches you to ignore all active and passive pushing for attention from your dog. This could be seen in the form of rubbing up against you, pawing at you, dropping a toy in your lap, barking at you, etc.

By ignoring all pushing for play and attention you are increasing the value of the resources you are withholding. For example, if the dog can only access your affection after responding to “COME”, they are much more likely to respond to the cue, in order to receive the praise.

Your dog must respond to a cue before he is able to access any resources. For example; he must SIT and wait for a release word before he is allowed his food. He must be on his BED before receiving pets, must COME before getting play, etc.

When implementing the NILIF philosophy you may experience an extinction burst. This is when the dog repeats the behaviour, maybe even escalating the behaviour, that has been successful in achieving the attention they’ve wanted in the past. For example; the dog drops a toy in your lap pushing you to play with him. When this behaviour – which in the past has been successful for him, does not work, he begins barking at you. Continue ignoring the behaviour past the escalation. You may have to provide negative punishment; removing yourself from the environment.

Your dog will eventually learn that the pushing behaviour that worked in the past, is no longer successful.

The NILIF Philosophy encourages responsiveness from your dog by adjusting the way your dog accesses resources.

Patience and perseverance is key! You can do it! You have the power – you just didn’t realize it until now!

Support:

Our Behaviour Support Team can help to provide resources and tips if you experience concerns in the home environment. With your adoption the GTHS will provide an over the phone consultation in order to provide you with tips and resources to set your new dog up for success. In all cases of dog adoptions, the GTHS recommends hiring a professional dog training or behavioural consultant to ensure your relationship with your new dog starts off on the right paw! A list of local trainers is enclosed in your adoption package.

Our Behaviour Support Team can be reached at behaviour@gths.ca

Georgian Triangle Humane Society

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