

REVIVAL

DOG TRAINING

**The 3 Keys to Dog
Training Success**

Hi there!

We're so excited to introduce you to **Revival Dog Training**, which offers the latest and most innovative training experience to dog owners in both Houston and New York City.

Our team of Certified Professional Trainers, behavior experts, and Training Apprentices are working hard each day to bring you and your dog a learning experience unlike any other.

We offer customized training to tackle a broad spectrum of specific challenges and train with an ideology that is progressive, science-based and welfare-focused.

Revival Dog Training and its Trainers are committed to the framework of LIMA which stands for Least Intrusive, Minimally Aversive. This means that we:

- Avoid causing physical, psychological, or emotional pain to any animal.
- Ensure training is enjoyable and includes rewards like treats, toys, and affection.
- Work to improve trust, understanding, and connection between owners and dogs.
- Help build confidence and create clear, consistent communication with dogs and their owners.
- Use realistic methods to set both dogs and owners up for long-term success.
- Do everything we can to prevent unwanted behaviors through positive reinforcement and environment control.
- Use safe, owner-preferred tools like harnesses, martingales, or flat collars.
- Tailor methods to each unique dog, owner, and situation.

This approach relies heavily on the three pillars and implement strategies rooted in LIMA in order to train your dog successfully, quickly, and without pain or force.

We hope you enjoy this guide!

Sincerely,

Yennifer Mejia and Hayley Kenner, Owners



Training a dog is about much more than teaching basic obedience. Effective training creates a strong relationship between you and your dog, improves communication, and helps your dog become a confident, stable, and well-adjusted member of your family. It improves quality of life for both the dog and owner, gives you a common language, reduces frustration, and increases confidence. It creates a more harmonious household and more opportunity for you and your dog to do things together. These are only a few of examples of how you and your dog can benefit from training, but really, its value is undeniable, and the return on its investment is tremendous.

We've helped thousands of dogs and their families. We see and hear about its impact on daily lives. We've experienced how training can protect dogs from danger, saved dogs from being rehomed, or even from being euthanized.

It is important to keep a few things at the forefront throughout the training process:

- There is NO quick fix when it comes to training an animal, human, or anything with a heartbeat and its own mind. It is a process that requires consistency, management, repetition, and simply playing the long-game together. Learning is ongoing and doesn't stop when the training session ends. There are exercises and rituals that you will need to implement throughout your dog's life.
- We work with the dog in front of us. That doesn't mean your neighbor's chill Labrador, or your uncle's push-button perfect Goldendoodle. We are working with YOUR dog. Your dog is an individual; a sentient being with his/her own needs and desires. Because every dog learns at their own pace and all dogs experience setbacks, progress isn't a linear, straight line. The goal is not perfection but steady improvement built on clear expectations and consistent guidance.
- Professional training will create a solid foundation for your dog, but its lasting success will come from owner education and implementation. Because your dog lives with you and not us, it will be imperative that you rehearse the training setups and exercises with your dog regularly. The long-term success ultimately rests on the partnership between you and your dog.

When searching for a dog trainer, it's easy to get caught up in trends, marketing, and fancy lingo or buzzwords. Instead, focus on the evergreen qualities that consistently lead to success: clear communication, proven results, realistic expectations, and customization for your unique dog. These timeless principles remain far more important than any particular training trend or technique when it comes to hiring a dog trainer.

THE DOG TRAINING TRIAD

A POSITIVE-REINFORCEMENT BASED DOG TRAINING PLAN



PART 1:
MANAGEMENT



PART 2:
REWARDS

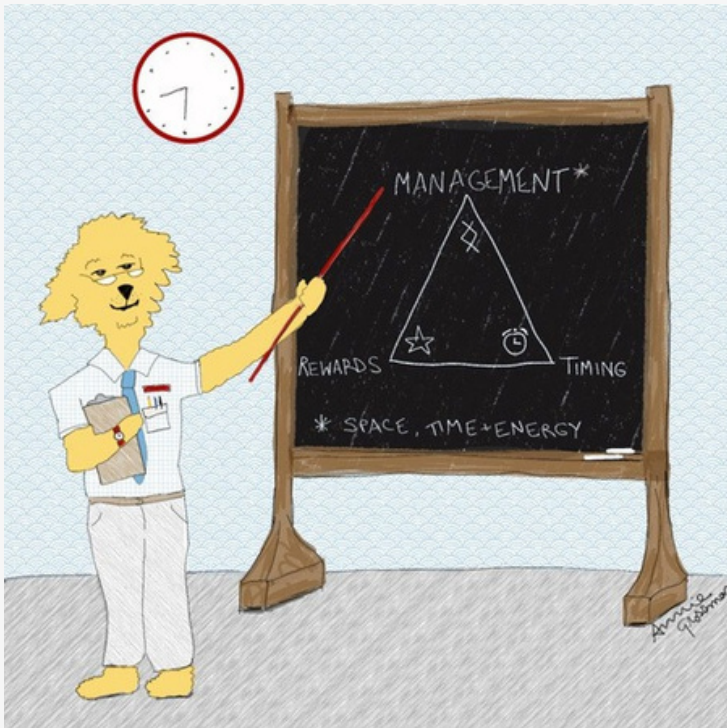


PART 3:
TIMING

There are three major ingredients required in any positive reinforcement-based dog training plan. They are: Management, Timing, and Rewards. We call this "The Dog Training Triad." In this e-book we will be talking about each of these essential pillars.

Part 1: Management

WHAT IS “MANAGEMENT” IN DOG TRAINING TERMS?



Simply put, management is all about ensuring that the correct option for your learner is the easiest option. This will maximize your learner's chances of success. A dog's environment controls their behavior!

We govern our dogs' worlds, and a great way to get behaviors we want is to prevent the opportunity for unwanted behaviors to occur. There are many ways in which we are smart about managing our dogs' behaviors without even thinking about them. How do you make sure your dog doesn't run into the street? You keep your dog on a leash. How do you keep a puppy from peeing on the rug? Pick up the rug.



For example, a crate, properly introduced, may be a useful management tool, as a dog who is in a crate simply cannot also be chewing on your furniture or pooping inside.

Part 1: Management

Keep bad behaviors from ever starting

As a trainer, it is always preferable to smartly consider how to set the stage to optimize chances of success rather than rearranging the environment after your pupil has already done something you don't want him to do.

Managing the environment in order to not allow for behaviors you don't want is often the "oh, duh" kind of dog training solution that will leave you kicking yourself. It mostly involves training humans. Don't want your dog to drink from the toilet? Close the lid. Don't want dog to chew on your shoes? Put the shoes in the closet, and keep the door shut. The fact that environmental management can be easy should be happy news: training doesn't need to be hard!



Part 1: Management

Keep bad behaviors from ever starting (cont.)

An unwanted behavior could be one that is life threatening. Would you rather your dog chew on a wire so that she* learns a lesson, or would you prefer she not do it in the first place? Do you put a fence around the pool before or after your toddler winds up flailing in the deep end?

If an unwanted behavior occurs, there is a good chance the behavior will be reinforced simply by the doing of it. Reinforced behaviors are more likely to occur again in the future. Peeing on the rug feels good. Chewing on a wire feels good. Barking feels good. Whenever your dog has the opportunity to do one of those things, she will only be getting better at doing it. Even if you rearrange the environment so the behavior won't happen again, it still has a reinforcement history behind it, which could affect future behaviors in a new environment. What happens when your dog encounters a wire at a friends' house, for example? What's more, a variable rate of reinforcement can be a powerful motivator. Even if a behavior is only reinforced once, it may still reoccur because your subject will be waiting for the next jackpot: For instance, your dog may get a chicken thigh off the kitchen counter just once before you vow to never ever leave food unattended on the counter again... but the dog will probably continue to check the counter, with the hopes that one day luck just might strike again.

Once you have a behavior you don't want, you'll either have the difficult task of rethinking your management plan in order to make sure the behavior cannot happen again, or punish the behavior in order to discourage the likelihood it'll happen again. But punishment can sometimes lead to more problems than you had to begin with...

*In this text, we have chosen to alternate the use of male and female pronouns.

Part 1: Management

KEEP BAD BEHAVIORS FROM EVER STARTING (CONT.)

Often we yell at dogs to punish them, when in fact they frequently find any attention to be rewarding. If your punishment has truly been effective, you should know because the incidences of the behavior occurring should decrease to the point of not happening any more. If you're yelling at your dog every day for doing the same thing, yelling is probably not an effective punisher.

The dog might associate the wrong thing with the punishment you wield. For instance, the dog might think that peeing in front of you is bad rather than peeing on the rug is bad; he might think that eating something off the curb is bad but eating something in the middle of the street is fine, etc.

Dogs can become desensitized to punishment, meaning that you'll have to continually raise the severity of the punishment (this is one reason why shock collars have multiple levels of intensity). Sometimes you might hit a punishment limit! Because it is sometimes helpful to look at these things at their extremes, here is an example from the human world: Say the punishment for murdering someone is the death penalty. In that case, how do you punish the person who murders someone while on death row? Or a less extreme example from the oeuvre of John Hughes: How do you punish the kids in the Breakfast Club for their antics when they already have detention! And what if detention is actually... fun?

ATTEMPTS AT USING PUNISHMENT CAN BE PROBLEMATIC FOR A NUMBER OF REASONS. AMONG THEM:

- Dogs can become desensitized to punishment.
- When we attempt to use punishment, we sometimes are actually reinforcing a behavior.
- It's possible that your dog may misunderstand what he did wrong.



It's hard to punish unwanted behaviors that occur when the animal you're training is already being punished.

The boundaries we create for our dogs shouldn't be set with barbed wire. Rather than forcing dogs to be on the path we want them on, we need to make the path really awesome so they have no reason to veer. Think about Dorothy in The Wizard of Oz and her crew on the Yellow Brick Road: They weren't forced to stay on the road, but they remained on it because there were lots of good things happening on that path. As trainers, we can create that road.

CREATE A “YELLOW BRICK ROAD”



Part 1: Management

THE MANAGEMENT RECIPE: SPACE, TIME, AND ENERGY

MANAGING SPACE So much behavior is the result of the physical space we inhabit: Just think about how much of your behavior is dictated by the buildings you occupy, the design of the objects you use and the structure of the city or town you live in.

CRATES A dog who is in a crate has a limited repertoire of things to do. Your crate should be not much bigger than your dog; some come with dividers so that you can make it bigger as your dog grows. Dogs do not usually like to hang out in their pee and poop, so the likelihood that your dog will eliminate inside is reduced if he is crated. He also cannot develop the habit of chewing inappropriate things when alone if he is confined and can't access those things. Note: Most dogs need to learn to be okay in a crate. For some dogs, a crate may never be appropriate.

MUZZLES Although often associated with dogs who have a bite history, a muzzle can be a useful tool to keep a dog from ever biting anyone to begin with. Biting isn't just the terrain of vicious dogs: Any dog who has teeth is capable of biting, especially when provoked, stressed, or in pain. Just like a crate, a dog can be conditioned to be okay wearing a muzzle, and using one as a precaution when you know your dog might be extra stressed can keep a bite history from ever developing. Plus, a muzzle can be a good management tool to keep a street scavenger from eating sidewalk trash.

HERE ARE SOME TOOLS WE CAN USE TO ALTER A DOG'S ENVIRONMENT IN ORDER TO MANAGE THEIR BEHAVIOR.



WHITE NOISE MACHINE In addition to physically managing environments, we can also manage stimuli in a space to make sure that unwanted behavior don't occur. For instance, if you have a dog who is easily triggered to bark by random sounds, a white noise machine can drown out noises in the hallway, as can a door sweep that you can put under your door.

Part 1: Management

You only need to think about managing your puppy's waking hours. That may only be a few hours a day.



MANAGING TIME

Dogs spend at least 50% of their time sleeping. For puppies, it's closer to 80%. For a youngster, that can mean that there are only four or five hours in the day that he or she is active. If we can fill that relatively small amount of time with appropriate activities, your dog will be less likely to take an interest in undesirable extracurriculars.

When it comes to managing time, it's important to make sure of two things:

1. You're scheduling your dog's day in such a way that she will eliminate where and when you want.
2. You're making meal times last as long as possible.

MANAGING ENERGY



Slow food bowls, like the Northmate Green Feeder pictured here, help give doggie tongues a job and burn energy.

A dog's energy isn't infinite! If you can help your dog use it in an appropriate way, she will have less mojo available to do things you don't like, such as doing laps on your couch or redesigning your coffee table with his or her mouth. Make sure your dog gets exercise doing things that you like. That might mean going for long walks or runs, playing tug, or attending classes or playgroups.

One great way to manage a dog's energy is to make sure he eats his meals from "work to eat" toys. These are toys that are designed to engage your dog's brain while he eats, and to extend the amount of time that it takes to consume the food. A good meal is a meal that lasts a long time! Slower eating can also produce less gas, and can reduce the likelihood of indigestion.

Part 1: Management

Work To Eat Toys

We are big believers in using interactive toys to enrich our dogs' lives and make mealtime extra fun educational.



1 Kibble Ball

The Bob-a-Lot is weighted at the bottom, making it really fun for dogs to bang around. It has two discrete openings that can be made to be smaller depending on the difficulty level you want and the size of the pieces of food you're putting inside. Other toys of this type: The Kong Wobbler and the Twist-and-Treat.



2 Kong-Style Toys

The Toppls' wide mouth is perfectly dog-sized, with little rubber fingers at the bottom to keep food from falling out too easily. We like to stuff it with wet food or peanut butter, or both -- freeze it for an extra challenge! Put two together and you can use it with dry food. The Kong toys are like an earlier version of this excellent toy.



3 Slow Food Bowls

Simply scatter the desired amount of food into a bowl that has obstacles in it, be it bumps, like the Northmate Green Feeder, or any number of styles of mazes. Not only does it turn meals into a game, but it also slows the amount of time it takes for your dog to properly digest food.



4 Puzzle Toys

Let your dog figure out how to open the drawers with their paws or their nose. We like to start off with the drawers a bit open, so that it isn't too hard. When that becomes easy, up the difficulty level by using the bones as locks. Nina Ottosson and My Intelligent Pets are two companies that make a lot of great toys of this nature.



5 Snuffle Mats

Give your dog permission to root around and discover treats in this machine-washable, sturdy, easily portable fabric-toy, like the Wooly. Can be used with dry food or dry treats.



6 Remote Feeders

The Treat and Train is a remote-controlled training tool that delivers treats or dry food, either with the push of a button, or via a timer. Use it to work on teaching your dog to be alone, to get your dog comfortable in a crate, to work on duration behaviors, or simply to do some fun training without getting your hands dirty.



7 DIY

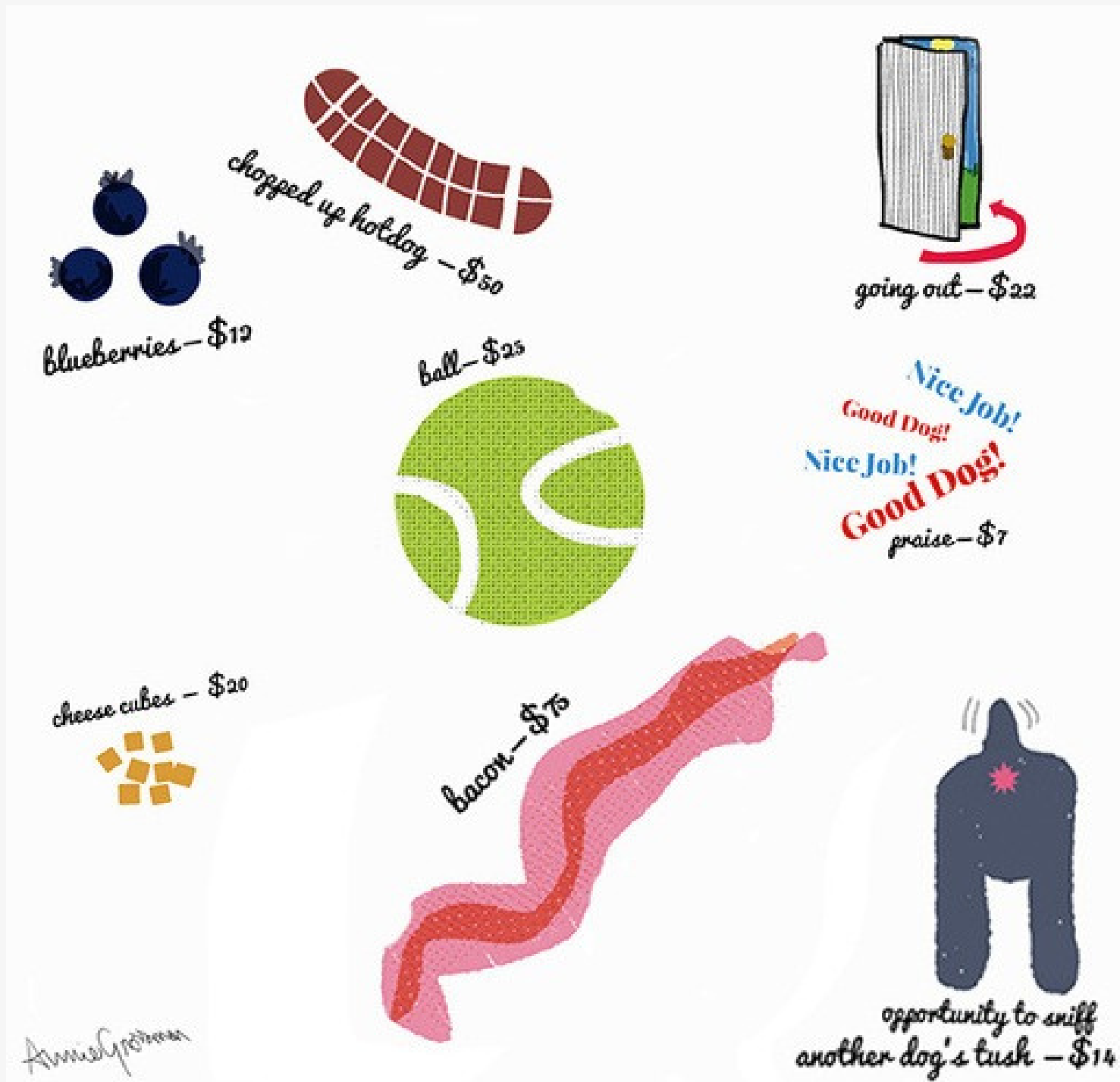
You can make toys with things you probably have in your food. Turn a muffin tin or ice tray upside down and sprinkle treats or dry food over it. You can also put food in the muffin spots, and then cover the spots with balls or toys.



8 Lick Mats & Slow Feeders

The BathPup PamperPaw can be suctioned to the wall and then smeared with peanut butter or dry food.

Part 2: Rewards



ONCE WE HAVE A WELL SET-UP ENVIRONMENT

...we need to make sure we are manned with appropriate rewards we can use in order to make sure your dog knows that we want him to keep doing all that good stuff.

Part 2:

Rewards

Rewards vs. Reinforcers

We tend to use the words “rewards” and “reinforcer” interchangeably. And... we think that’s perfectly fine! Which is why we do it! But, technically, they really aren’t the same thing. Basically, a “reward” isn’t always a “reinforcer,” and a “reinforcer” isn’t always a “reward.”

Let’s take the first part first: When a “reward” isn’t a “reinforcer.”

You get a “most valuable employee” award... You receive a passionate kiss from your boyfriend... Your soccer team wins and everyone gets taken out for ice cream. But... If you hate your job and are planning to leave your company, or if that kiss is delivered in front of all your work colleagues, or if you’re allergic to dairy, none of these things is likely to be reinforcing. A well-chosen “reward” should be something that your training subject likes; it is only technically a “reinforcer” if it encourages the likelihood that whatever the behavior that preceded the delivery of the “reward” will reoccur.

And... a “reinforcer” isn’t always a “reward”...

A reinforcer is something that encourages a behavior. We usually think about reinforcers that are “positive,” in that the behavior results in the “addition” of something that we like. You work, and you get money that wasn’t there before, and that makes you go to work again the next day. Because money appeared, as opposed to it being taken away, it is “positive.” But sometimes behaviors are encouraged because behaving in a certain way makes something “bad” go away. In that case, we are dealing with a “negative” reinforcer — “negative” because something is being taken away, and “reinforcer” because the behavior is encouraged. An example would be paying a bill — the behavior (bill paying) is encouraged because it makes the bill collector go away (going away= “negative.”) Or the beeping sound you hear when you don’t put on your seatbelt: The behavior of putting on your seatbelt is encouraged because it makes the sound stop.

Part 2: Rewards

THE MANAGEMENT RECIPE: SPACE, TIME, AND ENERGY

One of the most important things you'll ever learn about your dog is what he likes. In fact, you can expect to spend the rest of your life with your dog cataloging what he enjoys. No two individuals enjoy the exact same "cornucopia" of things — that is as true of people as it is with dogs. Some people like to sleep late and watch Nascar. Some people like to wake up early and meditate. I like chips. You prefer popcorn. And, of course, what "pleasures" one person might seem perfectly punishing to someone else! Maybe you wouldn't be caught dead running a marathon, or eating shark fin soup, or getting tied down with leather straps and whipped. But other people pay good money for the privilege of doing these things! So, you simply need to start cataloging everything your dog likes. What would be the equivalent of a \$100 bill to your dog ? What would be a \$1? In new or challenging situations, you'll definitely want to use the big money!

FOOD REWARDS The main reward we use at Revival food. Of course, you do not have to use food to train, but most dogs enjoy food and eat at least once a day... that means food is acting as a reinforcer, even if you're not tuned into what behavior it is reinforcing. Much of the time, the reinforced behavior might just be going into the kitchen, or the act of bending over a food bowl. Why not use the food to reward more specific, desired behaviors?

NON-FOOD REWARDS Almost anything your dog enjoys can be used to reinforce behaviors that you like. Part of the fun of getting to know your dog is figuring out what he is into! One dog might do anything for a ball. Another may love nothing more than getting to say "hello" to another dog, or sitting in your lap. Games like tug can be a great reinforcer to use when trying to teach an excited dog how to both listen to you and play with you at the same time. The reason that we mostly use food rewards is simply efficiency. In most cases, if you're trying to get a lot of repetitions in a training session, edible reinforcers will get you more successful trials in a short time than, say, throwing a ball.

Part 2:

Rewards

WHEN CHOOSING FOOD REWARDS, HERE ARE SOME THINGS TO CONSIDER:

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Pick things that can break up into very small pieces and can be delivered quickly. We are going to try to get a lot of reps in every training session, and we are more likely to get them if we can deliver the food quickly and your dog can swallow it quickly. If every time your dog did something right you gave him a pork chop, a single training session wouldn't accomplish a whole lot!

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For this reason, avoid things that crumble when they are broken into bits. Pick treats that can be delivered quickly. Things that are too sticky or slimy will slow down your treat delivery. Consider where you are going to keep your treats during your training session. A bowl on the table? A treat pouch? Your hand? It's best to have them out of sight. Avoid becoming a Ziplock-hand trainer— if your dog can see the on-deck treats throughout his training session, it is going to be harder to teach him to do things later on when treats may not be visible. Decide if you are going to break up your treats in advance or as you go. |

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If you're using something like dried lamb lung or a wadded up ball of string cheese, you may be able to hide it in your hand and pick off small pieces as you go. Other things, like bits of steak or pencil-eraser sized treats like many Tricky Trainer and Zuke's treats, may be easier to use if you chop them into tiny bits beforehand.

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Part 2: Rewards

FOOD REWARDS

A reward does not necessarily have to be an extra-special treat. Many dogs will happily work for their regular dry food. Some kinds of kibble can even be broken up into extra small pieces, making them especially easy to deliver and swallow. You can also stretch the value of kibble in training by mixing it with just a few higher value treats; the occasional extra-yummy piece will help your dog stay motivated. However, some situation might require more “expensive” treats than others. Learning something in a new place or with a lot of distractions around, for example, may require the use of high value treats.

LICKABLE TREATS



Try putting peanut butter or cream cheese in a tube to create a lickable treat that is easy to deliver on the go.

Part 2: Rewards

REMOVAL AS REWARD Sometimes, behaviors are "negatively reinforced." This means a behavior is encouraged because it results in something bad going away or being avoided. At Revival, we try not to employ negative reinforcement in training plans, but you'll see lots of examples of behavior that is encouraged by negative reinforcement in the real world: We pay bills because of negative reinforcement, for instance. The behavior of sending in money is reinforced because it makes the bill collector go away!



Part 2: Rewards

“BUT I DON’T WANT TO USE TREATS FOREVER”

Fear not: You will not always have to actively reward every behavior you like. In some special cases, we may suggest that some behaviors should always be rewarded. But, in general, once your dog has a good understanding of whatever you are asking her to do, or once she seems to have forged the association you wanted her to make, you will not have to constantly pay up with bits of hot dog. You might start out as a reliable soda machine — every sit gets a treat! — but you will ultimately become a slot machine, delivering edible rewards only some of the time. A well-trained dog will keep doing the things you are wanting her to do, even if sometimes there is no clear pay check. Part of the reason is because the act of doing the thing may actually become fun! Just like a dog can learn to have good feelings about a leash because it has so often been paired with going out, she may learn to feel good about the very act of sitting when you ask, since that behavior has been reinforced so many times. Just the chance that it might be reinforced can keep the behavior going.

What’s more, your mere presence — even just a minor bit of attention or praise — can often be enough to reinforce a behavior. In time, your dog will learn to have so many great associations with you. “I want my dog to do things I want because he loves me” is kind of like saying “I want my dog to do things because I have been the source of so many things he loves that he now associates all those things with me.”

With many dogs, any attention from you may seem like a reinforcer. This is one reason that we try to avoid using punishment. Usually, when reaching into the punishment tool kit, yelling and scolding are the first things you’ll pull out. For a dog who is highly rewarded by words and attention, you might inadvertently reinforce a behavior you don’t like. Taking your attention away from your dog can be a more effective punishment. Try developing a kind of “screensaver” mode —become extremely still and quiet until your dog stops doing the behavior you don’t like. You can suddenly wake up when your dog begins to behave as you want him to. The stark difference between you when you are still and you are when you are normal will make the reward of your attention all the more valuable.

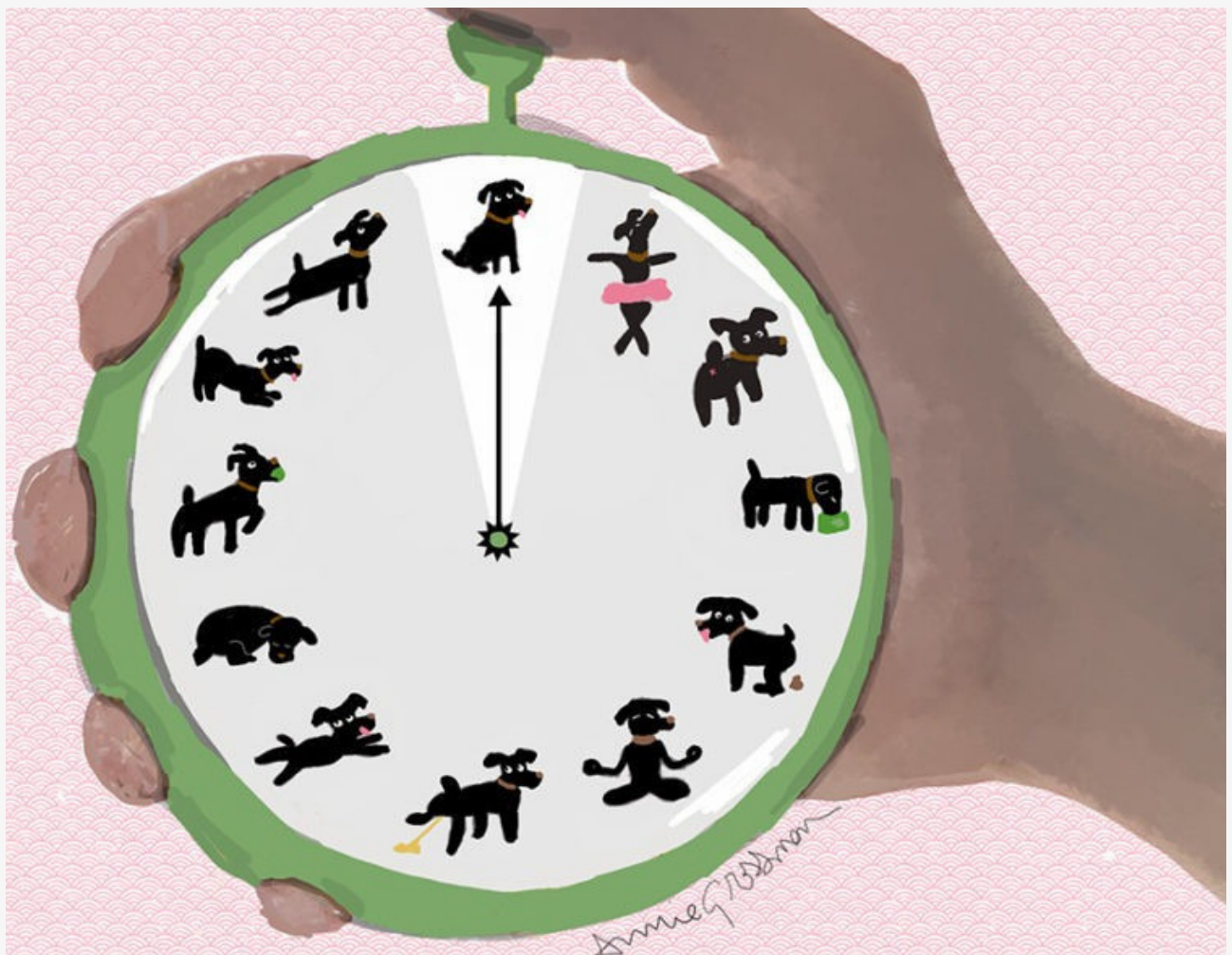
TIP: DON’T INADVERTENTLY REINFORCE A BEHAVIOR USING “PUNISHMENT”



Part 3: Timing

IN THE RECIPE OF DOG TRAINING TRIAD, TIMING IS THE THIRD BIG INGREDIENT.

So, you have a carefully engineered environment (Part 1: Management) where your dog is likely to do lots of things you want him to do. And you also have carefully selected appropriate rewards (Part 2: Rewards). Now what?



Part 3:

Timing

Concurrent Behaviors

Good training isn't just about tossing treats at your dog willy-nilly. In order to tie it all together, you need to make sure your rewards are being given with really excellent timing. Dogs are doing things constantly, and concurrently. Behaviors are overlapping at every moment, and so it's very possible your dog may sometimes think a reward was meant to reinforce something other than for what you intended. Say, you thought you were rewarding your dog for lying down, but it also happened just at the moment that your dog... farted. Does he think he is being rewarded for farting? You thought you were rewarding him for lying at the curb, and he thought it was because he was sniffing a particularly good puddle of urine. Which behavior was actually being reinforced?

When you use reward-based training, the wrong-associations your dog might sometimes make most likely won't carry a lot of weight. But training will happen faster if you can try to give precise information about what you're wanting to reinforce.

Part 3:

Timing

Mark It

We use a “marker” to try to pinpoint the moment in time that the “good” thing is happening. At Revival, we often alternate between using a handheld clicker that makes a sharp sound, and the word “Yes.” The click or the “yes” must always be followed by some kind of reward. Just like Pavlov’s buzzer, the noise and the word will eventually become “secondary reinforcers,” aka “conditioned reinforcers.” A secondary reinforcer or conditioned reinforcer is anything that your dog has to learn to love (like the sound of the fridge opening or the presentation of the leash), rather than something they were born loving (like food, play, attention or sleep). A marker, when used as a conditioned or secondary reinforcer, will become meaningful, and will be a fine temporary stand-in for the actual really good thing, which usually can’t be delivered with such speed and specificity as the marker.

It’s important that the reward immediately follows the marker. They can’t appear at the same time. Delivering a treat and the marker at the same time would make the marker valueless, in the same way a check isn’t notable if you receive it at the same time you receive the cash it represents. Also, you can’t delay the reward that follows the marker. We humans have the patience and understanding of time to wait a period of time to get the money that the check represents, but dogs need their secondary reinforcers backed up immediately, or else the precious connection will be lost.

Part 3: Timing

Mark It

The marker adds a specificity to your training that otherwise can be hard to get. If you're teaching sit, for example, could you get a treat into your dog's mouth at the precise moment when his butt hits the ground? Maybe. But what if the reinforcer you are using is throwing a ball? And what if the behavior you're trying to get is your dog jumping through a hoop? With the help of a marker, we can communicate with much better timing.

The kind of reward you use will vary, but your marker will remain the same. It is clearly telling the dog: You've given me something I wanted, now I'm going to give you something you want.



Part 3: Timing

CLICKER VS. YES

When you have the choice between using a clicker or a conditioned reinforcer word like “yes,” the clicker is usually the better choice. Studies show it generally produces faster learning. It is also consistent — it is the same if you do it, or your friend does it. It’s also free of emotion or judgement, whereas words can vary hugely in terms of tone, which can affect your dog’s learning. However, many trainers sometimes use one and sometimes use the other. “Yes” is useful when you don’t have a clicker on you, when you want to communicate with your dog in a quiet place, for instance. Just remember, you want your “yes” to be clear, staccato, and as unemotional as possible. While gooey words may follow it, the word itself is information, not praise.

THINK OF THE CLICKER LIKE THE SHUTTER OF A CAMERA, CAPTURING LOTS OF GOOD THINGS YOUR DOG DOES. THERE WILL BE TIMES WHEN YOUR DOG IS UNAWARE OF WHY YOU CLICKED, BUT KEEP AT IT. EVERY CLICK IS HELPING HIM PIECE TOGETHER WHAT IT IS YOU WANT FROM HIM. REPETITION IS THE KEY. THE MORE INFORMATION YOU GIVE YOUR DOG ABOUT THE THINGS YOU LIKE, THE MORE LIKELY HE IS TO DO THOSE THINGS AGAIN IN THE FUTURE

