

7 Effects of Punishment

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Here are seven documented possible side effects of the use of [punishment](#), [negative reinforcement](#), and of aversives in general.

1. **Escape/Avoidance:** If you hurt or scare your dog, it will likely try to avoid you, the places you frequent, and whatever else it associates with the hurt.
2. **Operant Aggression:** If you hurt or scare your dog, it may hurt you back.
3. **Elicited Aggression:** If you hurt or scare your dog, it may hurt your other dog or your kid.
4. **Apathy:** If you hurt or scare your dog a lot, [it may become apathetic and not do much of anything](#).
5. **Conditioned Suppression/Learned Helplessness:** If you hurt or scare your dog a lot unpredictably, it will live in a state of fear and also may not do much of anything.
6. **Injury:** If you hurt your dog you could cause it injury.
7. **Reinforcement of the Punisher:** If you hurt or scare your dog regularly, your actions will easily be reinforced and become habitual. On the occasion that your actions don't work to interrupt or decrease behavior, you will tend to escalate the hurt.

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