

Tommy's and Mom's Crisis Contract

Fictional example and refers to the Alert Program,

(uses the engine of a car as a way for children to understand their emotions and body) <http://www.alertprogram.com>.

Developed by Tommy and Mom on November 14, 2006. Written by Tommy.

The Problem:

Sometimes I lose my temper and get very angry. When I lose my temper I may throw things, push people, and try to run away. These are very unsafe behaviors. My engine is running very "high" and I can't focus or listen.

Before a Crisis Happens:

When I begin to feel like I may lose my temper I should try to bring my engine back down to "just right." Some things I can do:

1. ask an adult if I can take a break or take a walk
2. take five deep, slow breaths
3. ask an adult for some help

If you think my engine is running too high or if I look upset mom can help me by:

1. asking if I need to take a break or take a walk
2. bringing me some water

During a Crisis:

If I do lose my temper please help me by:

1. Making the room as quiet as possible (turn off the TV or music, do not talk to me)
2. Ask other people to leave me alone (maybe they could leave too)
3. Take toys, books, or other objects out of the way
4. If possible, bring me a pillow, beanbag, or something small to squeeze. Sometimes this helps me change my engine.

If I do lose my temper please DO NOT:

1. Try to touch me
2. Try to move me
3. Talk to me
4. Ask me to apologize

After a Crisis:

When I am calm and sitting quietly after a crisis I usually feel very tired. Please help me by:

1. Bringing me some water
2. Showing me my schedule
3. Helping me know what I should do next

Tommy's Pledge:

I will do my best not to lose my temper. I know that when I have good behavior and my engine is running "just right" I feel better and am ready to learn and play. Some things I can do instead of losing my temper are: take a break or a walk, ask for help, or take five deep breaths. I will do my best to bring my engine down before I lose my temper.

X _____

Mom and Dad's Pledge:

I will do my best to help Eric keep his engine running "just right." I will try to stop a crisis by offering a break or asking if he needs help. During a crisis I will NOT talk, try to touch him, or move him. I will keep him and our things safe. Whenever possible I will bring him something to squeeze like a pillow, beanbag chair, or stress ball.

X _____