

## Cheerleading Transcript

[Male Speaker]

You know, one of the major foundations that the brake shop is built upon is that you can't just motivate away a leaky brake. Leaky brakes aren't learned behaviours that can be just unlearned, people in the brake shop what it is they shouldn't be doing, what they should be doing instead and what's going to happen to them if they keep doing the old thing. But in the absence of a good breaking system, behaviours not going to change and so the punishment will keep coming and that's just going to breed a sense of powerlessness and hopelessness, it's going to breed more frustration and it's going to amp up the stress that's causing they leaky brakes to come out in the first place. Trust me on this one, if all it took to get rid of this cycle of failure and conflict and humiliation and loss of privileges was to be a little bit more motivated, we would have been there and then some ages ago. The other thing is, and this can be hard to hear if you're a parent who loves their child very much and are torn up inside to see him/her struggling, you can't fix your child's leaky brakes for him. Only one person can use all these different tools that we've been teaching and that's the person with leaky brakes.

[Female Speaker 1]

My mom helps me a lot too, she'll really help me, she'll talk to me about how everything will be okay.

[Female Speaker 2]

And what do we say Hilary, if you need to say things to Newton, or to make yourself feel better that you can get through it.

[Female Speaker 1]

That we've totally beat him before.

[Female Speaker 2]

And how many against Newton?

[Female Speaker 1]

Like, eight against one, between me and my family.

[Male Speaker]

Now, that being said, this doesn't mean that you as an adult don't have an extremely important role to play in helping a child or youth managing their leaky brakes. All these different tools, as valuable as they are, can be undermined in different ways. They can be interfered with in different ways unless you help out. For one thing, maybe only adults in your child's life doesn't know about this particular tool or what the assignment is for this week. In a situation like that, then there can be contradictory messages in consistent support and so it will be really crucial for you to be contacting any other adults involved,

different caregivers or teachers to let them know so that everyone is on the same page. Another example is that maybe your child really wants to use the tool but isn't really sure when to use it or isn't really aware in the moment that it is time to use it. So again, your involvement, really important. Maybe your child needs better medication management with ADHD, you can help with that. Maybe, your child needs you to brainstorm with him to come up with a good cueing system maybe a visual cueing system using different stickers around the house to remind him or a mutually agreed upon verbal cueing system. Here's one more example, maybe your child doesn't even want to try using the tool because he's already feeling pretty powerless and he doesn't see the point nothing worked in the past, why would something work now, of course a situation like that this tool really is going to work and then he is going to be robbed of a really great strategy to make his life better, unless you take action. Here is a place where your cheerleading is going to be super important, very essential that you validate the situation that he is in and start to motivate him to try to use the tool because why we can't motivate away a leaky brakes we can motivate a person to try to use different tools that will help with leaky brakes, so we get the carrot out instead of the stick. You know, we encourage the use of the tool by acknowledging that you know, it is really hard to try and good for you for putting in the effort. Rewarding that effort regardless of how the tool actually works the first few times out. So, honestly, there is a lot of different great ways that you can be supporting your child, they are just different ways than from before. Now, when it comes to ERP, here are some specific cheerleading duties. Number one, probably the reason that you brought your child in for OCD treatment, those particular symptoms, their probably not going to be the first things we get too, so when it comes to being a cheerleader for ERP, patience is a virtue. It is important that we do things on the child's timeline which may or may not fit with your timeline. Now on the other hand, if you want to push the child, you can surprise them with an assignment of your own making, but you know, OCD is hoping you'll do that because that virtually guarantees that everyone is going to lose, except him. Number two, have an explicit conversation with the club member to figure out exactly how do they want you involved, do they want you, for example, to identify different times where it seems like OCD has made an appearance? Do they want you to remind them of certain tools at that time? Do they want you to model what those tools look like in that moment? Maybe they just want you to be quiet support to say and do nothing at all? Also, figure out when they want you to cheerlead, because there are better times than others for bossing back OCD. Whatever it is that the club member decides just make sure you respect those decisions. Number three, it's okay and encouraged to be sympathetic to the person with leaky brakes for the pressure that OCD puts on them to give into different rituals, but you don't want to enable those rituals. Yes, supporting those rituals will give the club member some immediate relief, but who you've made stronger is the OCD, rather than the club member, so it's short term gain for long term pain and you're kind of on the wrong side. It may not feel this way at first, but actually, by refusing to jump through OCD's hoops, that's actually showing a lot of love. Number four, when it comes to anxiety, sometimes the apple doesn't fall to far from the tree. So as a cheerleader yourself, think about different ways that OCD may be impacting you. Think about where your own anxieties lay, you may not be the best cheerleader for every assignment, if that's a place where you are avoidant too or if you're getting triggered. So talk to the club member about this, about who else could be a cheerleader or if you're comfortable with it disclose to them, "hey, OCD bosses me around here too" and then you guys can do the assignment together. Maybe you first modelling it, and then the child giving it a try and you cheerleading them. Number five, getting angry at the rituals or the stuckness, that plays right into OCD's hands, I mean, I get it. OCD can take up a lot of time and it can be very demanding, very aggravating at times. But it is important to remember that that is just as true for the person with leaky brakes, as it is for you, the cheerleader. You know in those moments, don't think of it as your child being disrespectful to you or being very selfish of your needs. Rather, think of it as

OCD really holding your child's emotions hostage at that moment putting you both in this situation that you'd rather not be in. Thinking of it that way allows you to not play OCD's games. You can then focus on the real problem which is the stuckness itself rather than the particular thought or the content of whatever it is OCD happens to be stuck on in that moment. Number six, really focusing on the effort that the person is putting in to bossing back their OCD rather than the results they are getting. If you focus on the effort, the results will come. If you focus on results, that increases anxiety. Where as if you focus on the effort, that always gives you a place to compliment the person. Now, if you're a club member watching this right now. I know cheerleaders can be a little bit frustrating now and again but their heart is in the right place, their well intentioned. They're there because they care. So don't forget to thank them every once and a while because you know, getting a little help every now and again is a great thing. I'm Dr. Dunk, stick that tool in your toolbox.

[Text at the end of Video]

### Cheerleading - Exposure and Response Prevention

Can't MOTIVATE AWAY a leaky brake!  
Can't UNLEARN a leaky brake!  
Punishment only makes leaky brakes WORSE!  
Can't use the tools FOR club members!  
Cheerleaders can SUPPORT tool use though!  
-Inform OTHER cheerleaders of tools!  
-Motivate to TRY tools!

### ERP Cheerleading Duties:

-Work on the club member's timeline!  
-Find out HOW and WHEN to be involved!  
-Don't enable other rituals!  
-Know your OWN anxieties!  
-Don't get angry at the club member! REAL problem is "stuckness" - it's not personal!  
-Focus on EFFORT and results will come!

Club members: THANK your cheerleaders - giving you support in where you want to go!