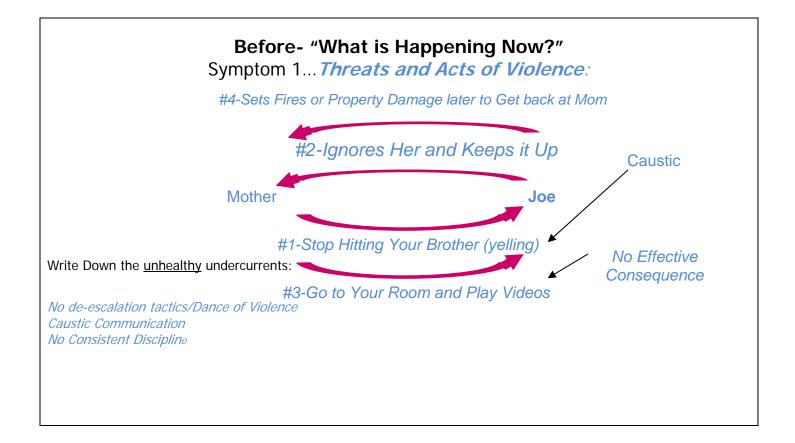
## CoachHelp6

Step One (Draw the "Before" Feedback loop around the selected symptom)

- Write the selected symptom on the top line of the feedback loop
- Make sure the feedback loop is reflecting a typical sequence that occurs or might occur around the selected symptom
- Write the unhealthy undercurrents that are occurring in the feedback loop and draw arrows that point out exactly when they are occurring (These undercurrents should match the top two unhealthy undercurrents selected on the Undercurrents page)

## **Clinical Example:**



**Step Two** (Draw the "After" Feedback Loops around the selected symptom)

- Draw the first "After" Feedback Loop to show the teen receiving the reward for obeying the contract
- Make sure the feedback loop is reflecting a new, healthy sequence that can occur around the selected symptom
- Write the healthy undercurrents that are occurring in the new feedback loop and draw arrows that point out exactly when they are occurring (These undercurrents should match the top two or three corresponding healthy undercurrents selected on the Undercurrents page)
- Write Button Busters that the parent is now using on this feedback loop to illustrate the new "dance" with arrows specifying exactly where these button busters are occurring

#### **Step Three**

- Draw the second "After" Feedback Loop to show the teen receiving the negative consequence for not obeying the contract
- Make sure the feedback loop is reflecting a new, healthy sequence that can occur around the selected symptom

# CoachHelp6 (continued)

- Write the healthy undercurrents that are occurring in the new feedback loop and draw arrows that point out exactly when they are occurring (These undercurrents should match the top two or three corresponding healthy undercurrents selected on the Undercurrents page)
- Write Button Busters that the parent is now using on this feedback loop to illustrate the new "dance" with arrows specifying exactly where these button busters are occurring. It is recommended that the button buster of "Exit and Wait" be included immediately after the parent gives the negative consequence.

## **Clinical Example:**

