



NON..... CONTRACT of

Made up with the support of:

Statement:

From till I'm going to stop(destructive (RED) behavior):

.....

Reason behind the behavior: (what are my needs)

When I am, it's really because I need to

Prevention:

In order not to í í , and yet fullfill my needs, I shall í (constructive behaviour)

Assistance: (With a little help from my friends)

I am going to ask andto help me by

.....

Sanction: = (action that help to fulfill the needs.)

(All concerned value the action of the contractor.)

If I break the contract I will

Date:

Signatures:

Myself

Classmate(s)

Teacher/coach



NON- shout at the water polo referee- CONTRACT of Sebastian

Made up with the support of: Coach Jan, co-water polo teammates Jeffrey and Marco

Statement:

From May 1 until May 31, I am going to stop shouting at the referee when I am frustrated and angry.

Reason behind the behavior: (what are my needs?)

When I am shouting at the referee, it is really because I need to get rid of my frustration and anger.

Prevention:

In order not to shout at the referee and yet get rid of my frustrations, and be a useful teamplayer, I shall swim to the bench of the challenging team and shout at them -I hate peanutbutter!!!!ø

Assistance: (With a little help from my friends)

I am going to ask Jeffrey and Marco to help me by warning me when they see that I am about to lose control over myself.

Sanction: = (action that help to fulfill the needs.)

(All concerned value the action of the contractor.)

If I break the contract, I will perform my famous heavy metal act after one of our training sessions

Date: April 30, 2015

Signatures:

Sebastian

Coach Jan:

Jeffrey:

Marco: