



**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 ..... , and yet fullfill my needs, I shall ..... (constructive behaviour)

**Assistence: (With a little help from my friends)**

I am going to ask ..... and .....to 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 usefull 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 loose 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 metall act after one of our trainingssessions

Date: April 30, 2015

Signatures:

Sebastian .....

Coach Jan: .....

Jeffrey: .....

Marco: .....