



Assignments

Practicing On My Own? Why the Heck Would I Want to Do THAT?

In all of our treatment, Brake Shop club members and their cheerleaders are asked to complete weekly assignments.

These are REALLY IMPORTANT to do every week at home, between sessions.

Here's WHY:

- Research shows that assignments;
 - Produce **larger + earlier + better** outcomes in treatment
 - Are one of the *most important parts* of cognitive-behavioural therapy

Translation: assignments help you to make life as good as possible, and as quickly as possible, so you can get on with living the way you want to!

- How can you improve if you don't practice?
 - We all know that in order to get better at something, we need to practice. Think of playing a sport, playing an instrument, learning a math skill at school, getting a new video game. **The more you practice the better you get, and the easier it becomes!**
- Completing your assignment gives you an opportunity to show off your successes (to others *and* to yourself)

Assignments work best if they are:

- Decided together
- Clearly explained & understood by everyone
- Written down
- Doable, concrete, and specific!
- Reviewed - built upon or modified as needed
- Rewarded - as long as you tried!