

Self Management Toolbox

Taking a Detour

(inhaling long and deep through the nose) Aaaaahhhh! Sometimes you just need to get away from it all. That's actually even more important if you're a person dealing with leaky brakes. You know, with ah fuller beakers we need to remove ourselves from the hustle and bustle of the everyday world more often and for longer periods of time to keep our beakers from overflowing. Actually, in the uh, in our Brake Shop Self Management programming, we have a space for club members to do exactly that that we call the Detour Room. So, if uh a person ah in our club realizes that their some of their beaker fillers are present and that their early warning system has been activated um they head over to the Detour Room until their beaker's emptied a little bit.

(coughing) I know what you might be thinking, Dr. Dunc you're just blowing smoke (coughing) I know what this is, this is a timeout. Actually, no it isn't. There are many different ways that detours are different from a timeout. For one thing, um, we give ourselves detours, no one does a detour to us. Uh, I myself give myself detours all the time. At work I might decide to close my office door. Or at home I might decide to go down into the basement to, um, to be alone for a while. Um, also there's no set amount of time that you have to stay in a detour. I know often with timeouts there can be different punishments depending on the crime you committed. Um, but with detours we decide when they start, we decide when they end. Now when is a good time to end a detour? When we realize that our beakers have emptied enough to the point that we can safely get back in the game. Uh, also because a detour's all about ah, decreasing our, ah, our, our beaker levels, um, often times detour spaces are filled with all sorts of activities or items that, that, that are soothing to us that are, you know, to help us empty our beakers. Now that's completely the opposite to a de..ah, ah, of a timeout space where ah, often it's very sparse and empty so we can sit there and think about what we did. Also if you wanna have another person in with you in the detour room, they're not there to overload you further by yelling at you or about what just happened or talking to you about what needs to happen next. Uh, finally detour spaces are um, associated with being rewarded not punished. Every once in a while a, a club member in our self management program he might decide he doesn't want to use our detour room because you know, he's afraid that he's gonna miss something important or he's afraid that uh by taking a detour he's somehow failed. Nothing could be further from the truth though. Um, if a club member, ah develops the insight to realize that his beaker's filling, um, and uh, shows the uh the, the, the sense of responsibility and the maturity to actually go take a detour? Wow, he gets our highest honours. I mean, ah what he's just done is demonstrate what it takes to pass Self Management not fail it. Um, nothing we could be

doing in our Self Management programming could be as important as that Detour he just took and the skills he just learned from that. Now, once your, your detour is complete, then you're beaker's at a better level for you to um, get back to, to doing what you were doing before or, ah, or, or making amends or um, ah, problem solving just , just, just doing what you what you want to do. Actually speaking of getting back to things, um, I, I, I better go check on those hotdogs. Uh-oh...ah...I'm Dr. Dunc...stick that tool in your toolbox.