

## The Language of Brake Shop Transcript

[Male Speaker]

So what's up with all this leaky brake language anyway. Now I don't want you to get the idea that we don't know the fancy terms or that all of what we do in the Brake Shop isn't in science. It's just a lot easier to talk about the Brake Shop rather than the circuitry shop. It makes a lot more sense to talk about your leaky brakes than it does to use that kind of jargon anyway. Really, what it does is remind us that it is a skill deficit, that you're not a bad person, you're a good person! But, you're dealing with a tough problem. You're dealing with some leaky brakes and because of that you are working a lot harder than other people, you're bound to do a lot more work than other people too and actually that is something to be proud of. It also reminds us that just like it's not our fault it's also not the fault of our parents, our brother, our friends or our teachers. Really, we're all being set up by this leaky brake.

So, using language like this, "it's not me, it's my leaky brake" that's not excuse making, actually it's the exact opposite. If we all know that we're working together on the same side that we've got a common enemy, we're going to be more successful at getting rid of that stuff that is driving everyone nuts and making all of us miserable. You know, if we work together, we're going to feel more like talking to each other. We are going to be more comfortable with actually trying and if we gang up together on that leaky brake it doesn't have a chance. Now, if we are going to be a team, we got to figure out who's who, we've got to figure out what role everyone has. Now, people like me, think of me as like the coach, I'm the guy who knows how to do the play. I can tell you about how to do the play, I can show you and I can teach you how to do the play. People like your family, think of them as like your cheerleaders, there the ones that give you the energy to do the play, you know, by recognizing how hard it is that you're working and rallying around you while you're doing it. Now, someone like yourself, you are the most important person. You're actually the athlete on the field, the person with the leaky brakes that really, it all comes down to you. You can have as many cheerleaders as you want, you can have the best coaches in the world but if you don't show up you ain't going to win the game. So, it really comes down to, you've got all the power, that no one else, your cheerleaders, your coaches, no one else can make your life better by using these tools, than you. So I'm Dr. Dunk, stick that tool in your toolbox.

[Text at the end of video]

The language of Brake Shop

Leaky Brakes:

- Skill deflects
- No one's fault, and not excuse-making!
- Helps everyone work together as a team!

Define Roles:

- Therapists are like coaches!
- Family and friends are like cheerleaders!
- You are like the athlete on the field - the most important player!