**Two Track Hybrid: Limit Setting and Wound Work Together**

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| **Behavioral Limit Setting**  **To Restore an Upside Down Hierarchy**  ***(Hard Side of Hierarchy)*** | **Wound Emotional Up Playbook**  **To Heal Unresolved Trauma**  ***(Soft Side of Hierarchy)*** |
| **Leaving Home Without Permission**  **RULE:**  Matt will be breaking the "leaving home without permission" contract if one or more of the following happen:  *(Healthy undercurrents: Safety & Consistency)*   * **Leaving the house** after Mom or Dad has instructed him to stay home * **Walking out of the house** and down the street when he gets angry * **Getting into the car** with someone without permission from parents * **Not coming home** at night when parents have given him permission to go out for a set period of time * **Leaving the house** during the night   **CHOICES: You Have the Freedom to Choose**  **Choice #1- Reward or Privilege:**   * **Not Leaving Without Permission for 7 Straight Days**    + Go out Friday nights and will keep this privilege as long as you do not break the above rule, If you do break the rule, you have to start over and once again need 7 straight days to earn the privilege of going out Friday nights. Additionally, a new tracking phone software\* on Verizon will be installed on your phone to assure us that you are where you say you are going to be. If you go somewhere else, you must get prior approval from mom or dad * **Not Leaving Without Permission for 14 Straight Days**    + Go out Friday and Saturday nights and will keep this privilege as long as you do not break the above rule. If you do break above rule, you have to start over and need 14 straight additional days to earn the privilege of going out Friday and Saturday nights. Additionally, the tracking phone software\* on Verizon will be installed on your phone to assure us that you are where you say you are going to be. If you go somewhere else, you must get prior approval from mom or dad   *\* When you go 30 straight days of not leaving without permission, our trust with you skyrockets. As a result, tracking software goes to spot checking. You have earned that right and our trust.*    **Choice #2- Consequence or Loss of Privilege**   * Loss of Friday night without 7 straight days with addition of software tracking (Grounded Friday also means no friends over, no television, or electronics that night) * Loss of Saturday night without 14 straight days with addition of software tracking (Grounded Saturday also means no friends over, no television, or electronics that night) | **Lowering Mark and his Family’s Blood Pressure**  **and Stress Plan**  **The Power of the Hug Prescription**  *To Inject the Healthy Undercurrent of Nurturance*  *To Heal the Wound and Misuse of Power Seeds*  **Who**: Dad, Mom, and Matt  **What**:   * Dad will initiate the first hug with his wife (has to be in front of Matt) for 30 seconds. Matt will set the microwave timer. As the hug takes place, Dad will tenderly say one thing he loves or appreciates about his wife in the present or from the past. * Mom will initiate the next hug with Dad (has to be in front of Matt) for 30 seconds. Matt will again set the microwave timer. As the hug takes place, Mom will tenderly say one thing she loves or appreciates about her husband in the present or from the past. * After Mom, Dad will hug Matt (has to be in front of Mom) for 30 seconds. Mom will set the microwave timer. As the hug takes place, Dad will say one thing he is proud of Matt for, in the present or from the past   **When:**   * Before breakfast at 7:30 am. Monday - Friday (weekends off) * Date night between Mom and Dad Every Friday Night at 6 pm for Dinner Out * For next two straight weeks and then reevaluate with therapist   **Where:**   * At Home in the Kitchen   **How:**   * Dad will initiate the first hug and wife the second (see above) * Dad will initiate the hug with Matt and before the hug, will give him the $3 in an act of faith that Matt will honor his commitment to fully participate with each hug time (give it his all). As hugs take place Dad will say one thing he is proud of about his son in the present or from the past * See troubleshooting checklist--But remember "everyone's hug muscles will be *sore and out of practice*" so expect everyone's muscles to be stiff and tense. This is normal. * Everyone will initially feel weird giving hugs. This is normal. Do it anyway. |