Coping with Change Planner

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| Name |  |  | Date |
| Change I have trouble with | Thoughts I have when there is an unexpected change | More adaptive words I can say to myself to replace what I say to myself now? | How will using these new words help calm me down? |
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Notes on Coping with Change Planner

The changes can be general types of concerns. Examples can include:

* Stop working on an assignment when directed to do so by a teacher.
* Change my routine when someone tells me I have to do things differently.
* Use a different pencil if mine is lost

Often, when a person has difficulty making changes they tell themselves reasons they should not change. They might tell themselves things like, “I can’t do this without my pencil. It’s not fair that I don’t have my pencil. “

Or, it could be, “This isn’t my regular teacher. A substitute is not the same as my teacher. I don’t need to treat her like a real teacher because she is not my real teacher.”

Holding a conversation with your child about the kinds of thoughts that go through his mind when he has trouble with change can help reveal what some of her self-talk is at these times. The conversation should then move toward thinking of what your child can say instead. A replacement expression needs to be something your child is comfortable saying to herself. It can be as simple as, “I can handle this.” Other substitute expressions could include:

“I can do my work with any pencil; it doesn’t have to be my pencil.”

“A substitute teacher represents my teacher. I will treat her like I treat my regular teacher.”

“I can do this.”

“I am like Batman. I can be strong.”

The issue is—it has to work for your child.

When talking about the replacement expression, also discuss how it can make him feel. Have your child practice saying the expression can be relaxing. Have him take a deep breath or relax in some other way as he practices the expression.