

for the fridge

Before *I Yell*

Ten seconds that change the next ten minutes.

1

Stop and say it out loud

"I'm getting too angry. I need a minute."

2

Calm my body first

Breathe out slowly, longer than I breathe in. Cold water on my hands. Feet flat on the floor.

3

One sentence, close up

Walk over. Get down to their level. Say it once, quietly. Then help with my hands, not my voice.

If I yelled anyway, I repair

"I yelled at you. That wasn't okay. I was upset about _____, but yelling isn't how I want to talk to you. I'm sorry."

No "but you made me." Then a hug, if they want one.

My fuel check

☐ Did I eat?

☐ Did I sleep?

☐ Have I had five minutes alone today?

☐ Can someone take over for ten minutes?

one week, no judging

My Yelling Hours

Yelling usually happens at the same few moments. Track one week, without judging yourself, and you'll know which hours to change.

Day	Time	What was happening	What I needed (food, sleep, a break, help)	What I'll try next time
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

What patterns usually mean

Mostly mornings. Prepare the night before (clothes, bags, breakfast) and add 15 minutes.

Mostly 5 to 7 p.m. Dinner earlier or simpler, a snack at pickup, fewer demands in the first hour home.

Mostly bedtime. A picture routine, the same words every night, and an earlier start.

Everywhere, every day. You may be running on empty. Talk to someone you trust or your doctor.