

# The Positive Parent - Confident Kids Anger Diary

**In order to understand why you are getting angry it is really helpful to keep a diary. It makes it easier to remember what exactly happened and it also helps you to identify if there are any patterns or triggers to your behaviour. Understanding what might be causing the behaviour will be the key to changing it and stopping it happening!**

Identify your anger triggers so that you can begin to change your reaction to them and be as specific as you can by writing the behaviour that instigated your anger down in this diary. Is it when your kids e.g. whine, answer back or don't tidy their bedroom? Notice when you begin to feel wound up and write down what led immediately up to it (the trigger) and what happened afterwards (the consequences.)

It is also very helpful to write down how you behave and feel as well, as you may be responding in a pattern too that might be causing your child's behaviour.

After trying this diary for a week see if you can spot some patterns to your behaviour. When is it occurring i.e. at particular times (just before bedtime, when your child is hungry or stressed etc?) Who is it occurring with? What are the triggers? What are the consequences or benefits to the behaviour e.g. are your kids getting your full attention, getting their own way or appearing to just be getting away with it?

- **What is your child learning from the way you respond to them?**
- **How consistent are your boundaries and limits?**
- **Imagine a perfect situation where everything is going beautifully - what are you doing, hearing and feeling?**
- **What could you do differently, than you are currently doing, to reach this perfect scenario and to make an improvement in the situation?**
- **So what's stopping you making those changes?**

After a week you will have a clearer idea of what's causing your behaviour and you will be ready to make some small but powerful changes to the triggers and consequences. Be patient with yourself and your children as you take these really positive baby steps towards a happier relationship and pat yourself on the back when you notice your successes.



# CONFIDENT KIDS ANGER DIARY

<b>What happens immediately before the incident?</b>	<b>What's your trigger to feeling angry?</b> <b>What was said or done or not done?</b>	<b>What happens immediately afterwards?</b> <b>How do you feel?</b>	<b>Where did your anger take place - in the car, in a shop, in the kitchen?</b> <b>Is it often in the same place?</b> <b>What does that tell you?</b>	<b>How do you feel when you're angry?</b> <b>What could you do or say differently?</b>	<b>How could you prevent it from happening?</b> <b>What other approaches could you use instead?</b>