

Staying Calm When You Make Mistakes

What to Know

When you make mistakes, like breaking a family rule, you may receive a negative consequence. The negative consequence helps you know when you made a wrong choice, or when you need to change your behavior.

You might be upset if you receive a negative consequence. You might even believe the consequence is unfair, or your parent is being unreasonable. Yelling, swearing, or breaking things will not help the situation. There are techniques you can use to help you relax when you're frustrated or angry. Take some deep breaths, do art, listen to soothing music, play with your pet, yell into your pillow, or take a walk. What else can you do? Write down some ideas.

Over time you will begin to choose these activities when you feel upset to calm yourself down.

Another thing that can help you calm down is if your parent gives you the negative consequence kindly and calmly. If you can learn to stay calm when you receive a negative consequence, it shows you are developing more self-control.

This worksheet can help you track your reactions when you receive a negative consequence.

What to Do

For each negative consequence you receive this month, fill in the chart on the next page. Write down the date and describe what you did to receive the negative consequence. In the third column, describe the consequence. Then answer yes or no whether your parent stayed calm while giving the negative consequence to you, and if you stayed calm while receiving the negative consequence. In the final column describe what you did to stay calm.

Date	Mistake I made	Consequence	Was my parent calm? Y / N	Did I stay calm? Y / N	What I did to stay calm