

# The Stop Yelling Handbook



messy motherhood

By Amanda Rueter

Copyright © 2016 by Amanda Rueter of DirtAndBoogers.com. All rights reserved.

You are welcome to print a copy of this document for your personal use. Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the author. Requests to the author and publisher for permission should be addressed to the following email: [amanda@dirtandboogers.com](mailto:amanda@dirtandboogers.com).

Limitation of liability/disclaimer of warranty: While the publisher and author have used their best efforts in preparing this guide and workbook, they make no representations or warranties with respect to the accuracy or completeness of the contents of this document and specifically disclaim any implied warranties of merchantability or fitness for particular purpose. No warranty may be created or extended by sales representatives, promoters, or written sales materials.

The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

Due to the dynamic nature of the Internet, certain links and website information contained in this publication may have changed. The author and publisher make no representations to the current accuracy of the web information shared.



# Table of Contents

Instructions	Pg. 4
The Anger Scale	Pg. 7
50 Calm Down Tips	Pg 8
ABCs of Yelling	Pg. 9
Physical Reminder	Pg. 10
Identifying Underlying Anger	Pg. 11
Tracking Triggers	Pg. 12
The Yelling Chart	Pg. 13
Art of Apology	Pg. 14

# 1

# Instructions

Thank you so much for purchasing this handbook, it's packed full of tips and worksheets that can help you on your journey to stop yelling at your children.

First of all, I need you to know that even with the help of this handbook, you'll probably yell every once in a while, and that's okay.

I know, I know. You're thinking, "but Amanda, I bought this handbook to help me stop! You're telling me that I'll still yell?!" Yep, that's what I'm saying. And here's why.

You are human and you get angry, and you make mistakes. It happens. But, the last thing I want you to do is to feel angry at yourself and so guilt ridden that you stop trying. You are

learning something new, you're changing your behaviors, and that takes time. We learn from our mistakes, so it's okay if you don't stop yelling right away. The goal of this handbook is to help you become more aware of your anger and yelling, and to help you learn how to control it so that it doesn't overtake your life.

The goal is for you to yell less often and with less intensity than you do now. With the help of this handbook, you soon won't be able to remember the last time you yelled at your children. And, if you do yell again, it won't be as intense.

This handbook can help you on your journey to stop yelling.

*Below, is a list of the handouts included, as well as instructions on how to use each one.*



## The Anger Scale

Before we can stop yelling, we have to be aware of our body's reaction to anger. By being aware of the anger creeping in, we can stop the anger explosion in its tracks. On this sheet, you'll understand exactly how it feels when anger builds and you'll learn when to start implementing calm down tips.

## 50 Calm Down Tips

When you start to feel anger rise, it's important to begin calming techniques before your mind is flooded with anger. Try out a few of these when you notice yourself getting to a level 3, once you're up into a level 5 on the anger scale, it's time to remove yourself and take a break.

---

## ABCs of Yelling

Print this poster out and hang it somewhere in your home, I suggest the kitchen. Use this handout when your anger has been triggered. A – Awareness. The Anger Scale helps you be aware of when anger begins. When you feel anger building it's time to... B – Breathe. You must stop before the anger explodes and implement a few calm down tips. C – Calmly Take Action. Only take action to address the situation that's triggered your anger after you're calmer.

---

## Physical Reminders

This handout teaches you all about physical reminders. You'll learn what they are and how to pick the best reminders for you.

---

## Identifying Underlying Anger

Anger explosions happen because of lots of little irritations and stress that up build over time. You may think that you're yelling because of one specific thing that happened to you, but there's so much more under the surface that you might not even be aware of. This handout will help you be aware of the little things that build and build until you explode.

 Triggers Tracker

Discover the things that make you scream! These are the big triggers, that we all have, that cause us to jump straight to anger. This handout will help you see what's triggering your anger.

---

 The Yelling Chart

It's time for some positive reinforcement. This is your daily sticker chart. At the end of every day, you get to decide if you've earned a sticker for not yelling that day. I know it might sound silly to give yourself a sticker chart, but trust me, it works. Just try it for a few days and you'll see. I've seen people use this chart with their kids, where they ask their child if they earned a sticker for the day. It's a fun way to include the whole family in your journey. \*Don't have stickers? A little checkmark works well too.

---

 The Art of Apology

Like I said, you'll probably yell again. There are times when life gets hard and you might raise your voice again. Then what? Growing up, my Mama used to say "Sorry isn't good enough." Well, she was right. A flippint, "sorry", really isn't good enough, neither is just ignoring that the yelling never happened. We must talk about it and apologize. This handout will teach you how to make a truly heartfelt apology. Don't skip this step, it's important!

---

Okay, get on with it! Flip to the next page to start your journey to stop yelling. If you get stuck or have any questions along the way, send me an email to [amanda@dirtandboogers.com](mailto:amanda@dirtandboogers.com) and I'll help you out.

# 2



# The Anger Scale



## Level One:

You are happy, calm, cool relaxed. Maybe even laughing. Life is good. Your heart rate and breathing are both slow and steady.



## Level Two:

Still pretty relaxed, but might start feeling a bit annoyed by something, but you handle it with ease. Your heart rate and breathing are still slow.



## Level Three:

Starting to feel agitated. You feel a bit tense in your muscles, your heart rate starts to pick up. You aren't yelling yet, but you maybe snapping at people, making demands, and rolling your eyes.



## Level Four:

You're feeling angry now. Your body is tense and you can feel the anger in your muscles. Your heart rate is picking up a bit more. Your teeth and hands maybe clenched. You're probably yelling and it's hard to sit still so you might start pacing or cleaning.



## Level Five:

Feeling rage. Your body is so tense that you feel the need to throw things. Your heart beat is racing and your face maybe red. You're sweating and your palms and teeth are clenched. You are not only yelling, but ranting and raving. You are so angry that you can't think straight.

3



# 50 Calm Down Tips

## Move

- Start doing jumping jacks
- Shake your arms and legs
- Go for a walk
- Go kick or throw a ball outside
- Start cleaning something
- Jump up and down
- Do push ups
- Tap your hands on the table over and over
- Chew on a piece of gum
- Fidget with something
- Run in place

## Play

- Give your kids a really big hug
- Put on music and have a dance party
- Playfully chase your kids around the room
- Make funny sounds
- Start wrestling with your kids
- Make silly faces at your kids
- Give a piggy back ride
- Have a tickle fight with your kids
- Color in a coloring book
- Lay down on the floor and play dead
- Blow bubbles

## Relax

- Take some deep, cleansing breaths
- Tense your body and release
- Walk away
- Squeeze a stress ball
- Listen to calming music
- Take a break and lay down
- Close your eyes relax your body
- Make a calm down bottle and look at it
- Take a hot shower

## Get it Out

- Silently scream
- Sing loudly to a great song
- Scream in a pillow
- Cry...it's okay to let them see you get upset
- Laugh out loud
- Yell outside
- Tear apart paper or a magazine
- Write out your feelings in a journal
- Scream "I LOVE YOU" to your kids

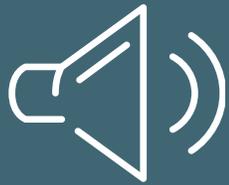
## Talk

- Make a long shhhh sound
- Call a friend
- Start counting
- Tell your kids how you feel
- Say to yourself, "I am calm" or "I can do this" or "I love my kids"

## Crazy Ideas

- Pretend you're on camera or that someone is watching you
- Blow up a balloon
- Whisper
- Look at a favorite picture of your kids
- Cuddle a baby doll or stuffed animal and sway back and forth

4



# ABCs of Yelling

*When I start feeling angry, I will . . .*

Assess  
the  
Situation

Breathe!

Calmly  
Take  
Action

# 5



# Physical Reminders

*One of my favorite stop yelling tips is the use of physical reminders.*

Physical reminders are simple tokens to remind you to calm down when you start to feel angry.

They work best when placed somewhere where you usually yell (dinner table, bedtime, rear-view mirror in car, going out the door, and so on) – or they can be things that you wear so you have them with you all the time.

When I made the commitment to stop yelling, I placed yellow hearts all over my house as a physical reminder to stop yelling. Some people wear a necklace or rings as reminders.

## **Here are a few good examples of physical reminders:**

- ▶ Wear a temporary tattoo on the inside of your wrist
- ▶ Have a special ring or bracelet
- ▶ Put a safety pin or paper clip on the armband of your shirt
- ▶ Wear a rubberband around your wrist
- ▶ Paint a fingernail a certain color
- ▶ Put up yellow hearts in places where you are triggered
- ▶ Put up photos of your children
- ▶ Put up a favorite quote that will remind you to stop yelling

**Whatever you decide your physical reminders should be, make them personal to you and use them every day.**

## 6



# Underlying Anger

When we get angry, there's usually more going on underneath our anger. It's normal for small underlying agitations and stress build and build until finally we explode. This list will help you identify some of the small things that frustrate you so you can be aware of them.

*Circle the ones that affect you.*

Sensory	Basic Needs Not Met	Stress
Too hot	Unshowered	Financial Concerns
Too cold	Hungry	Disagreements with others (spouse, friends, family)
Touched too much	Tired	Too much to do
Uncomfortable clothing	Dehydrated	Worry and anxiety
Too loud	Any physical pain	Job stress
Too bright	Have to go to the bathroom	Big changes like new babies, moves, divorce, or death of a loved on
Itchy skin		

Write out any other underlying agitations that make you feel uncomfortable and stressed.

Take a few minutes and think about how you can eliminate some of these things so that they don't agitate you. (for example: turning off all background noise when your kids are home or asking for help with some of your stress).

# 7



# Tracking Triggers

Day, Time	Who did I yell at?	What made me angry?	What was I doing?	My thoughts	Was I hungry or tired?	Were my children hungry or tired?	Possible trigger

8



# The Yelling Chart

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

## 9



# The Art of Apology

*A bit of truth:* You will probably yell at your kids. We aren't perfect and sometimes we yell. The challenge here is to yell less often and with less intensity (rage). What do you do after you yell? Do you do nothing and pretend that it didn't happen? Do you apologize for yelling, or do you shift the blame back onto your kids?

*Think about it for a minute.* Do you ever say, "you made me yell" or "if you would have just \_\_\_ then I wouldn't have yelled at you"?

*Now think about this.* Do you want your children to place blame on others for their own behavior? "He hit me first, so I hit him back. It's not my fault!" My guess is that you don't like it when your child blames others for their own behavior. We teach children how to take responsibility by modeling it for them.

So let's practice on how we apologize for our behavior, so that our children can learn to take responsibility for their own actions.

Listen to  
this  
apology:

*"I'm sorry I yelled, I should not have done that. I got upset when we're running late because being late really frustrates me. I should not have yelled, and I'm sorry for that. What can we do next time so that we aren't running late?"*

## Let's break it down.

- 1 Apologize for what you did.  
*"I'm sorry I yelled."*
- 2 Say what made you angry.  
*"I get upset when we're running late because being late really frustrates me."*
- 3 Apologize again for yelling.  
*"I should not have yelled, and I'm sorry."*
- 4 Don't place blame on your child for yelling.  
*\*Very Important\**
- 5 Problem solve and work with your child on the issues that made you angry.  
*"What can we do next time so that we aren't running late?"*

---

## More Examples of well-crafted apologies

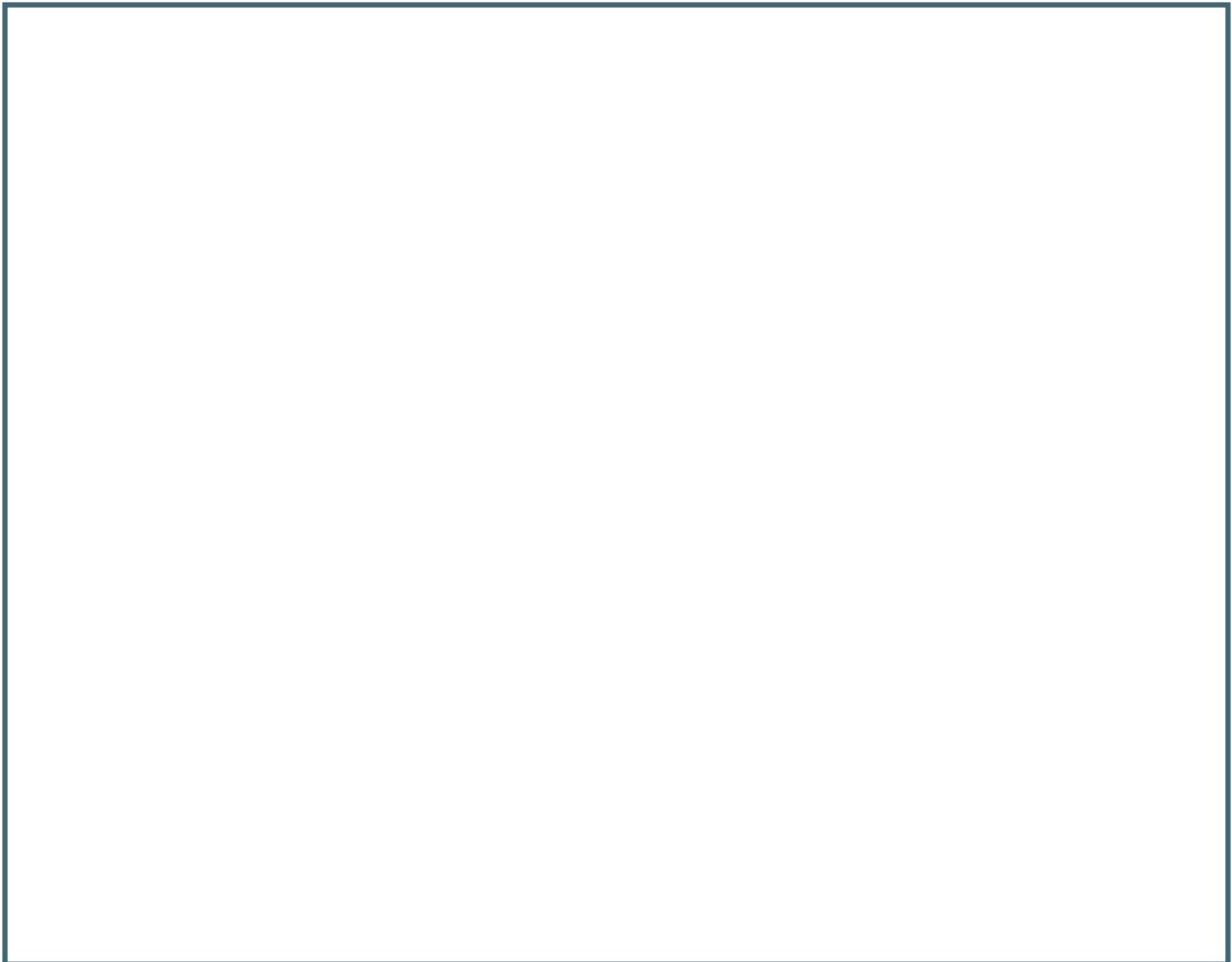
*"I'm sorry I yelled. I get extremely angry when I see my child get hurt. I know you were angry, but it's not okay to hit your brother. I should not have yelled, and I'm sorry for that. So, let's talk about what else you can do besides hitting your brother, and how you can apologize to him."*

*"I'm sorry I yelled. I'm really upset about some things and I took it out on you. I'm so sorry."*

*“I’m sorry I yelled. It makes me frustrated when I ask you to do something and it doesn’t get done. It makes me feel like I’m being ignored, and that really makes me angry. I should not have yelled, and I’m sorry about that, I’ll try to react better next time. Now, let’s talk about why you chose to not listen.”*

---

*Try this:* Take a minute and think about the last time you yelled at your child. Write out a well-crafted apology on the lines below:



# Thank You!

Thank you again for purchasing this Stop Yelling Handbook. I hope that it's helped you stop the yelling.

Need more support? Check out my Stop Yelling Course, Mama's Anger Management. It has even more insight, tips and techniques that will help you become the calm, happy parent that you've always wanted to be.

Check out <http://courses.dbparenting.com/mamas-anger-management/> for more information.

Warmly,  
Amanda Rueter