

ODD Therapy Worksheet

Name: _____ Age: _____

Practitioner: _____ Date: _____

Identifying triggers

What situations make you feel angry or upset? (Examples: Being told “no,” being asked to do chores, feeling misunderstood)

How do you usually react in these situations?

What are the signs that you're getting upset?

Emotional awareness

Check the emotions you felt this week:

Angry

Confused

Frustrated

Anxious

Happy

Excited

Sad

Other:

Choose one emotion from the list. Describe what happened and how you felt:

Emotion:

What happened:

How I felt:

Practicing positive responses

Imagine a situation where you felt angry or upset. How could you respond differently next time?

Choose one of these calming strategies to try next time you feel upset:

Take 5 deep breaths

Talk to a trusted person

Walk away and count to 10

Write down how I feel

Other:

Celebrating success

What is one time this week that you made a good choice instead of arguing or getting upset?

What is one thing you want to work on?

What is one strategy you will use to stay calm and make good choices?

Additional notes