Repairing after an outburst

Steps for putting things right once you have calmed down.

Name _____ Date _____

Everyone loses it sometimes. Putting it right afterwards protects the relationship. Use this once you have calmed down.

What happened, in a few plain sentences

What was going on for me

Trigger, state I was in, what was underneath

How it may have been for the other person

What I am responsible for (my words and actions, not theirs)

A good apology

- [ ] Says exactly what I did
- [ ] Shows I understand the effect
- [ ] Has no "but"
- [ ] Says what I will do differently
- [ ] Does not ask them to be over it straight away

What I want to say

What still needs to be talked about, calmly, and when

What I will do differently next time I feel that anger rising

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.