**A PAUSE, A PRACTICE, A NEXT STEP**

# Disruptive Mood Dysregulation Disorder (DMDD)

When anger lasts between outbursts.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Notice what happens between outbursts**

After things settle, jot down what happened just before the outburst and how your child felt later. Ask a teacher what they notice on an ordinary day.

## 01 / Notice and reflect

How does my child describe the time between outbursts?

## 02 / Notice and reflect

What words or signal could we practice during a calm moment?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk with your child’s pediatrician or a child mental health professional when anger or outbursts get in the way of school, friendships, or family life. Get urgent help if anyone is in immediate danger.

Read more: National Institute of Mental Health · DMDD basics and treatment

More tools and immediate support: Our Healing Room / Crisis Support.



U.S. crisis support: call or text 988. In immediate danger, call 911.