A PAUSE, A PRACTICE, A NEXT STEP

Irritability

When small things feel like too much.

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.

What it feels like

Noise, questions, or interruptions may seem harder to tolerate. You might notice a tight jaw, sharp words, or an urge to leave.

01 / Notice and reflect

What did I notice before snapping?

02 / Notice and reflect

What request could I make clearly?

03 / One next step

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

When to seek help: Contact a provider for persistent or sudden changes. If you may hurt yourself or someone else, get immediate human help through Crisis Support.

Read more: NIMH · Depression

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