A PAUSE, A PRACTICE, A NEXT STEP

Oppositional Defiant Disorder (ODD)

Understand conflict that keeps happening.

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.

When do arguments tend to start?

Write down what happened before one hard moment, and what helped everyone settle.

01 / Notice and reflect

When do arguments tend to start?

02 / Notice and reflect

What is one direction you can make clear?

03 / One next step

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

When to seek help: Talk with a pediatrician or child mental health professional if frequent conflict is hurting home life, friendships, or school.

Read more: MedlinePlus · Oppositional defiant disorder

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