

I YELLED · A FREE GUIDE FOR PARENTS

You yelled. *Here's how to repair it.*



Everyone loses it. What separates the kids who feel safe isn't a parent who never breaks — it's what happens in the thirty seconds after. This is that script.

INSIDE

- Repairing with yourself first — the step everyone skips
- The five-part shape of every repair
- The 30-second script, word for word
- Six more blowups: mornings, mean words, public, silence...
- The same repair, sized to every age
- Why it works — the science of rupture and repair





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STEP ZERO

Repair with yourself *first.*

A repair made from a spiral of guilt comes out as a plea for forgiveness — and now your kid is comforting *you*. So before you go to them, say this to yourself:

"I'm not proud of what I just did. And what I just did doesn't define me. I'm a good parent who had a hard moment."

Wait until your voice is steady. Thirty seconds is usually enough. Hours later is fine too. So is tomorrow — a late repair beats a shaky one.

The shape of every repair

Every script in this guide — every repair, at any age — is these five parts in order. Learn the skeleton once and you can rebuild the words in any doorway.

1 · NAME IT

"I yelled."

Plain words. Not "things got a little heated" — kids can't repair a fog.

2 · OWN IT — NO "BUT"

"I'm sorry I yelled."

The sentence ends there. A "but" hands the blame right back to them.

3 · NAME WHAT IT FELT LIKE FOR THEM

"I'm sure that felt scary."

You're proving you saw their face, not just your own frustration.

4 · TAKE THE BLAME OFF THEM

"It wasn't your fault. You didn't make me yell."

The most important line. Without it, kids fill the silence with "something's wrong with me."

5 · SAY WHAT YOU'RE WORKING ON

"I'm working on staying calm, even when I'm frustrated."

Not a promise you'll never yell again — a direction. Then invite reconnection: "Can I have a hug?" — and let them come to you.



The 30-second repair, *assembled.*

Say this

- 1 Come down to their eye level. Sit on the floor if you have to.
- 2 "I yelled. I'm sorry. That was scary, and it wasn't your fault."
- 3 "You didn't make me yell. I'm working on staying calm. Can I have a hug?"

"Hey — I keep thinking about what happened in the kitchen. I'm sorry I yelled. I'm sure that felt scary, and it wasn't your fault. I'm working on staying calm even when I'm frustrated."

THE FULL REPAIR IN ONE BREATH — IT WORKS EVEN DAYS AFTER THE BLOWUP

Skip these

"I'm sorry, but you weren't listening..." — the "but" erases the apology and teaches them it was their fault.

"Do you forgive me?" — don't ask them to manage your guilt. Their only job is to receive the repair.

"I'm the worst parent ever." — collapse turns the repair into them comforting you. Steady beats sorry-er.

The lecture. Whatever they did before you yelled is a separate conversation, for later. Mixing them poisons both.

Pretending it didn't happen. A kid left alone with a scary moment writes the story themselves — and casts themselves as the reason.

The same skeleton, for the other blowups.

Each of these follows the same five parts — name it, own it, feel it, un-blame them, point forward.

THE MORNING RUSH EXPLOSION

"This morning was loud and rushed and I yelled at you about shoes. That wasn't about you — I was scared of the clock. You didn't do anything wrong. Tomorrow I'll wake up my patience before I wake you up."

I SAID SOMETHING MEAN

"I said something unkind and I keep hearing it in my head. It wasn't true, and it wasn't okay. My words are my job. You deserved better ones, and I'm working on finding them even when I'm upset."

Never repeat the mean sentence back to them — repair the wound, don't reopen it.

I LOST IT IN PUBLIC

"At the store today I got loud at you in front of everyone. That was embarrassing and scary, and it wasn't your fault. Next time I feel that coming, we'll step outside together and take a breath."

The blowup had an audience; the repair doesn't need one. Do it privately, at home.

I WALKED OUT / WENT SILENT

"I walked away and left you alone with big feelings. Taking a break to calm down is okay — disappearing without a word isn't. Next time I'll say: 'I need two minutes and I'm coming back.' I will always come back."

I PUNISHED OUT OF ANGER

"I took the tablet away because I was furious, not because it was fair. That was my anger deciding, not me. Let's start over."

Reversing a consequence made in anger isn't weakness — it's showing them what accountability looks like.

I'VE BEEN SNAPPING ALL DAY

"My voice was sharp all day today, and none of that was yours to carry. Hard day for me, not a bad kid in front of me. Tomorrow is a fresh start — and nothing that happened today made you less loved."

A whole-day repair belongs at bedtime, when the day is over and you're both soft.

The same repair, *sized to their age.*

UNDER 18 MONTHS

Pick them up or get close — slow movements, soft face. Low, warm voice: "That was loud. You're safe." Your calm body is the whole apology.

18 MONTHS – 3 YEARS

Get down on the floor with them. "I yelled. Too loud. I'm sorry." — "You're safe. Hug?" Then let them come to you. Eight words, tops.

3 – 5 YEARS

Eye level. "I yelled. That was scary. It wasn't your fault." Then: "I'm working on staying calm. Can I have a hug?"

5 – 7 YEARS

Knock, ask to sit with them. "I yelled and I saw your face change. I hate that I scared you. It's never your job to keep me calm — that's my job."

7 – 12 YEARS

They may shrug and say "it's fine." Repair anyway: "You don't have to say anything back. I just needed you to hear that it wasn't your fault, and I'm working on it." The shrug is armor, not an answer.

It's never too late

A repair works minutes later, days later, years later. If a moment from last month still sits in your chest, it still counts: "I keep thinking about that night. I'm sorry. It wasn't your fault." Your kid's story is still being written — and a repair edits it.

Why this works — the short version.

What decades of parent–child research keeps finding, in three facts.

Even securely attached parent–baby pairs are in sync only about 30% of the time. What builds trust isn't the matching — it's the thousands of small mismatches that get repaired.

RESEARCHERS CALL IT RUPTURE AND REPAIR

Kids who see conflict get repaired don't just recover — they learn the most useful lesson a relationship can teach: we can lose connection and find our way back.

REPAIR IS A SKILL THEY'LL REUSE FOR LIFE

A child left alone after a blowup makes sense of it the only way kids can: "Something's wrong with me. I make bad things happen." Repair replaces that story with the true one — a good kid, a hard moment, a parent who came back.

THE REPAIR REWRITES THE STORY THEY TELL THEMSELVES

Guilt is the good news

Guilt says "I did something that doesn't fit who I want to be" — it's a compass, and it's why you read this far. Shame says "I am bad," and it freezes repair. The self-line on page two is what turns one into the other. Kids don't need parents who never break. They need proof that love survives anger.



I YELLED — THE REPAIR KIT

Every blowup is different. *The app writes the words for yours.*



Eight kinds of blowups × every age. A personal bedtime story that repairs tonight's one. A 10-second diary that shows your pattern. Anonymous parents who get it.

iyelled.app →

This isn't therapy. It's a repair kit. If things feel bigger than a bad moment, real humans can help.

