

Coaching anger: Dad and Ben

Ben walks past his father's tools set out on the workbench and runs his hand through them, knocking some to the floor.

Father: Ben what are you doing!!

Ben: Nothing!

Father: You just knocked my tools off! You know I've just spent ages putting them out so I could use them tomorrow?

Ben: You didn't go to the park with me.

Father: So you knocked my tools on the floor?

Ben: (says nothing and looks away)

Father: (Counts to ten slowly) You must be really mad at me to do something like that.

Ben: (looks at his father with sad and surly look)

Father: (after a couple of minutes with both looking angry)
I can see that you feel really strongly about this.

Ben: You said we could go. Yesterday when I put away all my books you said we could go and play the Billy-goat game. You said!

Father: Yes, I did. And I can see it makes you really cross when I say I'll do something, and I don't get around to doing it. I'm really sorry about that. But that still doesn't make it okay to knock my tools on the floor. Now I feel really frustrated and annoyed. I'd really prefer it if you used words to tell me you're angry.

Ben: Yeah but you said.

Father: I realise I've let you down and you're feeling disappointed because you were really looking forward to going to the park. I don't like it either when I'm promised something and it doesn't happen. Looks like we both sort of stuffed up doesn't it?

Ben: Yeah. But I still want to go to the park.

Father: Well ... What do you think we could do to help this situation? Any ideas?
(if there aren't any other ideas perhaps Dad could say something like: I wonder if we can both get these tools put back in their right places and then go to the park. Do you think we could do that?)

Ben: Yeah, I guess.

