

Tantrums and outbursts

Tantrums or outbursts can last seconds, minutes or hours, but there is often a pattern which develops as shown on this illustration.

The line shows the rise in the person's anxiety, anger or frustration once something has happened to trigger the outburst. The person may become less and less aware of what is going on around them.

Different strategies may work better according to the 'phase' of the outburst. Some of the possible strategies are also described along the bottom.

It is a good idea to pick one or two strategies to try in each phase.

