

Therapy Worksheet for Conduct Disorder

What is the theory behind this Therapy Worksheet for Conduct Disorder?

Conduct disorder is a childhood disorder that is characterised by persistent disruptive behaviours that hurt others in some way or go completely against societal norms. Examples include aggression, theft, cruelty to animals and arson among others. Treatment options involve not just parents but also incorporate school based interventions so that learning is not limited to clinical settings.

How will the worksheet help?

The worksheet will prompt children with conduct disorder to reflect on a past incident where they resorted to aggression. It will help them recall and review the incident to determine the harmful consequences of their behaviour and what they could have done differently. It will help them apply what they have learned till now on anger management.

How to use the worksheet?

Instruct the child to recall an incident where they ended up physically hurting someone due to their anger and answer the questions related to it. Tell them to really think about how the matter could have been dealt with in a different manner and what would have been the consequences.

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Recall an incident where you physically hurt someone due to your anger. Based on what you have learned about anger management till now, review the incident and write about which coping strategy could have worked and how you could have reacted differently.

What had happened? What had made you angry?	How did you react? What were the consequences of your reaction?	How could you have reacted differently? How different would the consequences be?	Which coping strategy could you have used at the time to manage your anger?

Reference

[Lillig, M. \(2018\). Conduct Disorder: Recognition and Management. *American Family Physician*, 98\(10\), 584 - 592.](#)

You can find more wellness and mental health worksheets [here](#).