

When the House Gets Loud

Find the hour at home when everything tips over, and change something about it.

WHEN TO USE THIS

Use this if there is a time of day at home when you always end up shouting.

What time of day does the house tip over? What is going on right then?

What makes that hour harder?

- ☐ Noise you cannot get away from
- ☐ Everyone needing you at once
- ☐ No break since the morning
- ☐ Everyone hungry, including you
- ☐ Something unfinished from work
- ☐ Nobody else helping
- ☐ Being asked the same thing five times
- ☐ No space that is yours

Three changes to that hour. Small and real, not a whole new routine.

Eat earlier. Ten minutes alone first. Music on. One less task.

1.

2.

3.

What will you tell the people you live with about this?

Changing the hour is often easier than changing yourself inside it.