Parental Trigger Sheet

Keep this handy and complete as soon after an 'incident' as you can. The fresher it is in your mind, the more accurately you will recount it. When our emotional temperature is high, it can be extremely hard to recount events, so completing this sheet as soon as possible after the event will help.

After noting triggers over a number of days or weeks, you may start to identify patterns in terms of *your* triggers and your child's triggers. These patterns will help you prevent the behaviour in the future. Remember the mantra "progress, not perfection!" Once you have identified some patterns, you can start thinking of skills to prevent them from happening so regularly, making you calmer and giving you more emotional capacity.

When your child is doing something that is upsetting you ask yourself "What am I scared of when my child is doing this?" "Why has my brain gone into fight-or-flight, perceiving my child as a threat?" It will almost always come down to a fear e.g. how is this going to be when my child is a teen?!

Date	**Incident**	**Pre-Incident**	**My Trigger**	**Child's Trigger**	**My Feelings/ Internal Dialogue**	**Child's Feelings**	**Prevention Ideas**
EXAMPLE 21 Jan	Lost it at son in car and called her names and said mean things	School pick up – was asked to buy treat & I said no	He started talking defiantly and saying he was going to wreck things	Not being able to have a treat. Transition from school.	What's wrong with you?! Fear he is going to be uncontrollable in teen years	Disappointed Tired Unheard	Make it clear every morning for 3 days that there will be no treat after school

Date	Incident	Pre-Incident	My Trigger	Child's Trigger	My Feelings/ Internal Dialogue	Child's Possible Feelings	Prevention Strategy