

Identifying Your Child's Triggers

Name _____

Date _____

Examples of Triggers

1. Hearing people yell in loud tone of voice
2. Feeling alone or being ignored
3. Smell of smoke
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

May Remind Child of:

- Times when child was yelled at a lot
- Times when child did not get enough attention
- A bad fire
- _____
- _____
- _____
- _____
- _____
- _____