



Trigger Tracking Sheet

How to use this tool: (1) Write down anytime you yell or want to yell and fill in as many columns as possible. (2) At the end of the day, read the chart to see if there are trends (repeated emotions, repeated times of day). Circle them. Underline anything you can easily change (ie. putting cups out night before). Box any personal triggers you can work on. (3) Choose 3 things to work on, 1 trend trigger, 1 easy change, 1 personal trigger. (4) As you master a trigger, choose another one.

Day, Time	Who I yelled at...	"Supposed" Trigger	How I felt at the time, anything bothering me?	What was I doing before I felt the urge to yell?	What we kids doing before if applicable?	Were kids hungry, tired, thirsty?	What could I have done better?
6:45 am	#3	Whining	N/A	Getting baby dressed	N/A	Thirsty	<u>Set out sippy cups night before</u>
8:13 am	#1	Screwing around	<u>Rushed</u>	Running around making breakfast	N/A	N/A	<u>Pack snack night before</u>
8:53 am	All of them!	Kids won't put shoes on for school	<u>Rushed</u> , frustrated, tired	<u>Looking at Blackberry, multi-tasking</u>	Playing happily	No	Put blackberry down. Helped them. Given 5 minute <u>warning</u>
11:24 am	#1	Him screaming at me	Okay	Waiting in car	At Kindergarten	YES	<u>Bring snack to pick up</u>
4:27 pm	#2	Repeatedly asking me for water	Yes. Just got into fight with husband about when he'd be home	Ignoring kids	N/A	Thirsty	Taken a breath first, acknowledged I was just in bad mood
6:05 pm	#1, #2, #3	Won't go upstairs	<u>Rushed</u> , tired	Cleaning up	Watching TV happily	Tired	<u>Warning</u> put cleaning off until later so wasn't rushing

Take-aways: Morning is the hardest, if I yell then day goes to crap. If I can make it to 9:00 I will do okay. Rushing is a major trigger; plan ahead. I don't give warnings or kids chance to transition. I multi-task a lot and don't give kids full attention when I ask them to do something so they don't respond well....