# 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? |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

**Take-aways:**

| 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? |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

**Take-aways:**

© The Orange Rhino Challenge