

Directions:

- (1) Write down anytime you yell or want to yell and then fill in as many boxes as you can with as much detail as possible. It is okay if some boxes end up blank, but before you leave them blank, make sure you really think about the question to see if there is something you are missing.
- (2) Asterisk (*) the times you wanted to yell but didn't! This not only will show you progress but also help you see all the potential triggers.
- (3) At the end of the day, review the chart and circle any trends (e.g. repeated emotions, repeated times of day). This will help you quickly spot "trouble" areas that need focus.
- (4) After several days of tracking, underline any triggers that are fixable (easy to change), highlight triggers that are manageable (not always present but can prepare for them), and box triggers that are unchangeable (these ain't going anywhere).
- (5) Pick 3 triggers to work on and create a plan for each one. To start off on a confident note, pick three fixable ones. As you get one trigger under control, pick another one.

If you seek more detail and guidance on how to manage the triggers and create a plan, my book "Yell Less, Love More" walks you through the entire process over several days.

Day and Time:	Monday, 6:45 am	8:13	8:53	6:05pm
<i>Yelled at:</i>	Andrew	James	All of them!	J, E and M
<i>Supposed Trigger:</i>	Whining	Screwing around	Kids wont put shoes on for school	Won't go upstairs to bed
<i>Personal Factors:</i> Was anything else bothering me at that moment, besides my kid's behavior? (i.e., tired, PMS, overwhelmed, angry at someone else)	N/A	Rushed to get to school on-time	Rushed, frustrated, tired	Rushed, tired, mad not enough hours in day
<i>Personal Actions:</i> What was I doing before I yelled? (i.e. cleaning, on phone, helping another child)	Getting Mac dressed	Running around making breakfast	Looking at Blackberry, multi-tasking. Guess real trigger is I wasn't being present.	Cleaning up.
<i>Kids Actions:</i> What were my kids doing before I yelled that might have triggered them? (i.e. sleeping, just finished school, eating)	N/A	N/A	Playing happily	Watching TV happily
<i>Kids' Factors:</i> What factors might be affecting kids? (i.e. hungry, tired, thirsty, hot, nervous, sad)	Thirsty	N/A	No, but they were preoccupied	Tired
<i>Physical Symptoms:</i> Did I feel any physical symptoms before?	N/A	Sweaty	N/A	Racing heart
What could I have done better next time?	Set out drink cups night before	Pack snacks night before	Put Blackberry down	Stand closer to them and give warning; put cleaning off until later

TAKEAWAYS: Morning rush is an issue. I clearly need more sleep. When I am preoccupied and don't give directions eye to eye, I might as well be talking to a wall!