

PARENT TRIGGER WORKSHEET

Circle the items that you notice are big triggers for emotional upset for you

Kid Behaviors:

Whining

Babytalking

Mumbling

Comments like “Huh?” or “Whatever.”

Rolling eyes

One child teasing another

Physical fighting between kids

Slamming door, throwing things

Lying

Sneaking

Back talk

Not saying “thank you”

Not responding to you

Pretending to not hear the direction

Not coming to dinner

Child gets in trouble in

school/community Saying “okay” but

not doing what you asked

Yelling

Offensive/inappropriate clothing or appearance choices

Silly noise-making

Music or TV too loud

Isolating in bedroom

Not coming home on time

Bad grades

Avoiding homework or chores

Swearing

Toileting accidents (including pee on toilet rim)

Spills and messes

Not doing chores, not helping out around house

Not cleaning up after their own messes

Name-calling

Excessive electronic use

Hiding under a hoody or hair

Glaring

Crying

Bad table manners

Running late in the morning

Refusing to go to bed on time

Refusing to get out of bed in the morning

Begging for something

Refusing hygiene (showers, brushing teeth)

Losing belongings

Excessive demands for a “want” Invading your personal space

Jumping on you or hanging on you

Spitting

A certain insult (e.g., “You’re not my real parent.”)

Threats (e.g., “I’ll just run away.” “I’ll kill myself.” “I’ll call the police on you.”) Sexist comments (e. g. “You don’t make the money anyway.”

“Whatever, woman!”) Disrespectful or hurtful behavior towards a specific family member

When are you most likely to be triggered:

When you first wake up

When running late

If you’re behind on your own task list

If you’re on the phone or on the

computer When you first get home

When you’re dealing with kid homework

When you’re dealing with dinner preparation

At mealtimes

If worried about money

When you’ve made a mistake (e.g., burnt dinner, bounced a check)

If fighting or in disagreement with

partner If feeling left out of family

dynamic

In public or where others might judge you

When relatives visit

When you've had a drink(s)

When you are behind on sleep

When you have high work stress

When running errands

When you don't feel supported by your partner

When you haven't gotten to exercise

When you're hungry

When you're driving

When you're already worried about something else

When you haven't had a parenting break

Restaurants

Too much noise, stimulation, or chaos around you

Waiting in lines

During playdates

When preparing for company to come over

When you don't feel well

Before traveling or big events (e.g., presentation, birthday party, new job)

Packing for a trip

Road trips (long car time together)

When you feel like you are being judged
negatively

When you feel unappreciated