

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