

Identifying Your Child's Triggers

Name: _____ Date: _____

Example of Trigger	May Remind Child of . . .
1. Hearing people yell in loud tone of voice	Times when child was yelled at a lot
2. Feeling alone or being ignored	Times when child did not get enough attention when he/she was little
3. Smell of smoke	A bad fire
4. _____ _____ _____ _____	_____ _____ _____ _____
5. _____ _____ _____ _____	_____ _____ _____ _____
6. _____ _____ _____ _____	_____ _____ _____ _____
7. _____ _____ _____ _____	_____ _____ _____ _____
8. _____ _____ _____ _____	_____ _____ _____ _____

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