



Your triggers

Use this worksheet to identify your triggers and how best to respond.

- ➔ What is your reaction signal? (How others know when you are reacting)
Examples: Face gets red; jaw clenched; etc.

- ➔ What triggers you? (Situations that instantly upset you)
Examples: Getting cut off in traffic; being ignored; etc.

- ➔ How do you respond when triggered? (Approaches that calm you down)
Examples: Count to ten; take 3 deep breaths; use "I" statements like "I feel unimportant when you don't respond to what I'm saying;" etc.

➔ What approaches from the *Guide to Behaviors that Challenge Caregiving training* will you try when you are faced with behaviors you find challenging in the future? *Example: Stop, Think, Act; seek help; share/document successful intervention on the service and support care plan; etc.*

➔ What approach will be difficult for you when caring for a client whose behavior challenges you?
Example: Respond rather than react; set boundaries; etc.