What Are Your Alarm Triggers?

What are some of your triggers or push buttons? What sets you off?

☐ being alone	☐ lack of privacy	☐ feeling pressured
☐ feeling lonely	☐ darkness	☐ not being listened to
☐ loud noise	☐ arguments	☐ being let down by someone you trust
☐ being touched	☐ not enough room	☐ being in a large group of people
☐ humor/jokes	☐ being stared at	☐ being told to be quiet
☐ being asked questions	☐ being around men	☐ being around women
☐ not having control/input	☐ being ignored	☐ being teased or picked on
☐ contact with family	☐ a threatening look	☐ a place where trauma happened
☐ being asked to keep a secret	☐ people yelling	☐ having a limit set on your behavior
☐ going to court	☐ seeing police officers	☐ talking to police officers

☐ specific time of day: _____ ☐ specific person:_____

☐ Anniversary of a trauma / Time of year: _____

☐ Other triggers not listed above: _____

How would other people know that you were upset or having a hard time?

☐ sweating	☐ red face	☐ breathing hard	☐ act rude/disrespectful
☐ heart racing	☐ clenched teeth	☐ clenched fists	☐ poor hygiene
☐ wringing hands	☐ bouncing legs	☐ rocking	☐ stop following rules
☐ pacing	☐ can't sit still	☐ swearing	☐ can't pay attention
☐ loud voice	☐ singing inappropriate songs	☐ crying	☐ hide things
☐ hiding/wandering	☐ silly	☐ eat less/more	☐ look spaced out
☐ can't sleep	☐ sleep during the day	☐ stay away from people	
☐ argue with peers	☐ talk about sex/relationships	☐ give stuff away	
☐ messy room	☐ stop taking medications	☐ break or throw stuff	
☐ talk about dying			

☐ Other:_____

What helps you to stay in control when you get angry or upset?

☐ Drawing/painting/art	☐ Listening to music	☐ Playing a video game
☐ Humor/jokes	☐ Writing in journal	☐ Calling/talking to someone
☐ Molding clay	☐ Reading	☐ Being with other people
☐ Getting exercise/Sports	☐ Writing rhymes/poetry	☐ Playing cards
☐ Tightening/relaxing body	☐ Drinking Alcohol	☐ Hooking up
☐ Smoking cigarette	☐ Punching pillow	☐ Time out in your bedroom
☐ Smoking weed	☐ Fighting	☐ Dancing
☐ Drinking Alcohol	☐ Taking a walk	☐ Meditating
☐ Chewing gum	☐ Taking a shower	☐ Use a stress ball
☐ Deep breathing	☐ Cold wash cloth on face	☐ Screaming into pillow
☐ Crying	☐ Chewing ice	☐ Watching TV/movie
☐ Laying down/Nap	☐ Counting	

☐
Other_____