

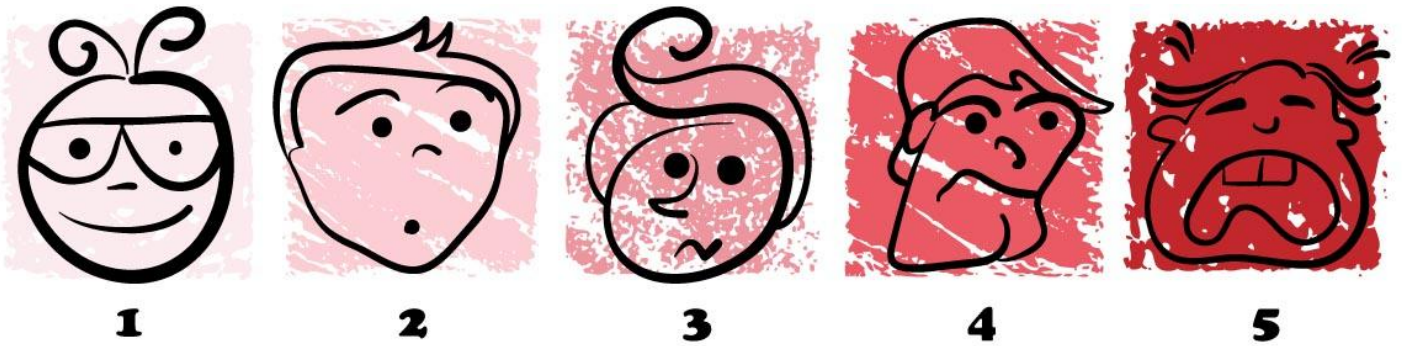
Identify Your Triggers

Name: _____ Date: _____

Directions: Read each item and answer honestly. Take your time as you complete this. Ask for help if you don't understand an item.

Rate each item from 1 – 5.

- 1 = Does not bother me at all
- 2 = Makes me feel a little uncomfortable
- 3 = Makes me feel stressed
- 4 = This upsets me
- 5 = I'm going to explode!



	1	2	3	4	5
A supervisor gives me feedback / constructive criticism.					
Someone or something interrupts me while I am working.					
A supervisor tells me to correct a mistake.					
When I don't understand what someone is saying to me.					
When I disagree with co-worker.					
When a co-worker asks for help.					
When a supervisor tells me to do something.					
Group work with peers / co-workers.					
When others make suggestions on how to do something.					
When one of my ideas is not included in a project / activity.					
When someone starts "small talk" with me.					
When I am excluded from an activity or conversation.					
Dealing with an upset customer.					
Meeting new people.					

Identify Your Triggers

	1	2	3	4	5
When someone points out a mistake I made.					
Greeting people.					
When I make a mistake.					
Reporting to work on time.					
Wearing specific clothing (i.e. an apron, uniform, a tie)					
Warmer temperatures.					
When a co-worker disagrees with me.					
When I am late to work / school.					
When I have to do something new or different.					
Hearing other people's music /radio.					
When others touch me (i.e. handshake, pat on back).					
Large crowds.					
When I have to wait for something.					
Teasing by others.					
Peer pressure.					
Colder temperatures.					
When my daily routine is changed.					
Loud places.					
Specific noises (i.e. beeping, humming).					
Certain smells (examples: perfume, gasoline, foods).					
When a supervisor / authority figure tells me no.					
Bright lighting (i.e. fluorescent).					
When I have to do something in a different way from usual.					
Changes in temperature.					
When I don't understand a certain idea or concept.					
When I don't finish something on time.					
Getting wet (i.e. hands, shoes).					
When someone talks to me about something that I am not interested					
Certain textures (examples: in clothing, rubber, glue, certain foods).					

Identify Your Triggers

	1	2	3	4	5
Working long hours (6-8 hours in a day).					
When my work duties / responsibilities are changed.					
Changes in noise level.					
Deadlines, time pressures.					
When the work pace changes (i.e. from slow to peak).					
Getting dirty (i.e. on hands, uniform, shoes).					
Sitting at a desk for long periods of time.					
When other people are talking near me.					
Small spaces (i.e. cubicles).					
Certain wall paint colors.					
Asking for help.					
When I am confused about a task / activity.					
When I have to follow specific instructions.					
Physical activity (i.e. lifting, walking, standing).					
Large spaces (i.e. auditoriums, gyms, conference rooms).					
When I have to organize my things.					

Identify Your Triggers

Now that you have finished rating these items, identify your BIG TRIGGERS. These are items that you scored as a "5" (or perhaps even a "4"). Write those down below, and be as specific as you can. For example, if certain noises make you want to "explode," describe the specific noise that makes you feel this way.

My TOP FIVE "5's" ARE:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- _____
- _____
- _____