

Your Stepping Stone:

Parenting Triggers

SELF-REFLECTION WORKSHEET

Do your kids trigger you? As a parent, your children's behaviours can provoke strong feelings or reactions.

Self-reflection and exploring why we're feeling that way is an important first step to understanding your own triggers, and developing coping strategies.

Fill this out
nightly!


Date:

Triggering moment: What happened in the lead up to this moment?

Response: How did I react? Why do I think I reacted this way?

Reframing: What could I do differently next time?

Reminder:

You are a
great parent. 
You're doing the
best you can.

My support team: Who can I talk to?

Steph PASE

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Tip:
Print more copies of this page to continue your reflection.

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