

Trigger Situation Monitor

1. Briefly describe a trigger situation that you were involved with. What happened?
Who were you with?
When did it happen?
Where were you?
2. How did you feel?
3. Did you notice the physical signs of stress in yourself (your Stress Signature)? Where did you feel the signs?
4. What did you say and do?
5. What happened in the end?
6. How calm and under control were you as the situation was taking place?
1 2 3 4 5
under mostly so-so tense out of
control calm and upset control
7. How satisfied were you with the way you communicated?

Body Posture	1	2	3	4	5
Eye Contact	1	2	3	4	5
Spoken Words	1	2	3	4	5
Tone of Voice	1	2	3	4	5

1= not at all; 2= only a little; 3= so-so; 4=pretty satisfied; 5=quite satisfied

8. What did you like about what you did?
9. What didn't you like about what you did?
10. What are some other things you could have done to handle the situation? What are some things you might do if the situation comes up again? (use the back of the page to write exactly what you would do and how you would do it)

Elias, M. J., Tobias, S. E., & Friedlander, B. S. *Emotionally Intelligent Parenting*. E-book available for the Kindle and the Nook at Amazon.com and Barnesandnoble.com