

Identify Your School Triggers

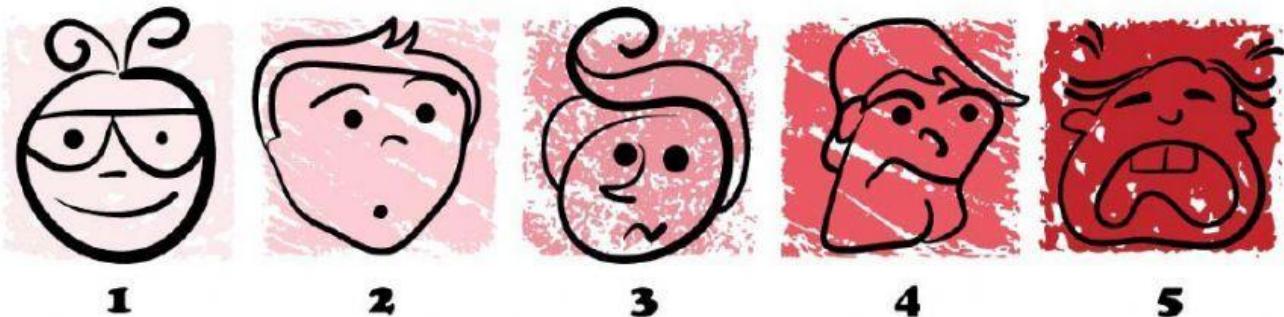
Page 1 of 4

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 teacher gives me feedback / constructive criticism.					
Someone or something interrupts me while I am working.					
A teacher tells me to correct a mistake.					
When I don't understand what someone is saying to me.					
When I disagree with classmate.					
When a classmate asks for help.					
Homework.					
When a teacher tells me to do something.					
Group work with peers / classmates.					
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.					
Meeting new people.					

Getting a lower grade on a test, quiz, or paper.
When someone points out a mistake I made.
Greeting people.
Taking tests.
When I make a mistake.
Reporting to school on time.
Writing papers.
Wearing specific clothing (i.e. long pants, coat)
School bells or loudspeaker announcements.
Fire drills.
When a classmate disagrees with me.
Surprise quizzes (pop quizzes).
Tornado drills.
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.
Crowded hallways.
Peer pressure.
When my daily routine is changed.
Loud places.
Specific noises (i.e. beeping, humming).
Certain smells (examples: perfumes, foods).
Math assignments.
Big projects.
When a teacher / authority figure tells me no.
Changing classes.

Bright lighting (i.e. fluorescent).				
When I have to do something in a different way from usual.				
Big classrooms.				
When I don't understand a certain idea or concept.				
When I don't finish something on time.				
Getting wet (i.e. hands, shoes).				
Field trips.				
When someone talks to me about something that I am not interested				
Certain textures (examples: in clothing, paint, glue, chalk).				
Changes in noise level.				
Deadlines, time pressures.				
Sitting at a desk for long periods of time.				
Reading assignments.				
When other people are talking near me.				
Small spaces (i.e. cubicles).				
Asking for help.				
When I am confused about a task / activity.				
When I have to follow specific instructions.				
Physical activity (i.e. in health class or P.E.).				
Large spaces (i.e. auditoriums, gyms, conference rooms).				
When I have to organize my things.				

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. _____
