

Feelings and Trigger Tracker

Date & Time:

Place:

People:

Notes:

Feeling: 1 2 3 4 5 6 7 8 9 10 _____

Date & Time:

Place:

People:

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Feeling: 1 2 3 4 5 6 7 8 9 10 _____

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Feelings and Trigger Tracker

- Supporting Notes -

This tracker is designed to help you look for patterns in feelings and triggers so you can identify both the places, people and things that feel good and also those that feel trickier. This simple act of noting and noticing can provide a helpful way in to understanding what is underlying tricky feelings or behaviours and can also provide some good starting points for doing things a little differently.

You'll see patterns best if the tracker is completed regularly over a period of a few days. This could be as often as every hour or at each transition in the day (e.g. each lesson and breaktime for a child at school).

Scale

A scale of 1 to 10 is included - this can be used in whatever way is most relevant for you or the person you're supporting. It's designed to be a simple way to quickly note roughly how things feel. You might, for example, suggest that 1 is when things feel fine and 10 is when you're so anxious you need to leave the situation.

Date, Time, Place, People

A brief note of when, where and with whom you are means that when you look back through your tracker, you can note any patterns of places, people and times of day when things tended to feel better or worse.

Notes

It is not necessary to add any notes, but this space is here for anything that feels especially relevant and which it might be helpful to reflect on. e.g. if you noticed a trigger, or something about a situation was different or felt better or worse than usual. Small things can make a big difference, but they can often go forgotten unless we make a brief note.