

TRIGGER TRACKER

FOOD AND DRINK

GLUTEN

DYES

SUGAR

EVENTS

Blank space for recording events.

PARENT'S FEELINGS

Blank space for recording parent's feelings.

CHILD'S FEELINGS

ANXIOUS

OUT OF CONTROL

FRUSTRATED

EMBARRASSED

SAD

INSECURE

FED UP

MISUNDERSTOOD

TIRED

FULL OF ENERGY

MIXED UP

ANGRY

AFRAID

STRESSED OUT

UNLOVED
