## Trigger Card

### Triggers

Things that make me feel mad, sad, or upset are:

- 
- 
- 
- 
- 
- 

### Warning Signs

Others know I am mad, sad, or upset because:

- 
- 
- 
- 
- 

Name: ________________________________

My Coping Skills Now
When I am mad, sad, or upset I manage by:

•
•
•
•
•
•

“New” Cope Sequence

Calm: I can calm by?

Options: My options/choices are?

Perform: My best options are?

Evaluate: How did my option work?

My New Coping Skills
When I am mad, sad, or upset I manage by:

•
•
•
•
•
•

© 2012, 2016 Seattle Children’s, Seattle, Washington. All rights