

Parenting Triggers & Responses Log

Identify, understand, and interrupt your parenting triggers — responding from wisdom rather than from old wounds.

Name: _____ Date: _____ Clinician: _____

Purpose: Parenting triggers are moments when our children's behaviour activates something unresolved in us — and we respond from our own wound rather than from our wisdom. This log helps you identify your triggers, understand their roots, and develop more intentional responses.

MY PARENTING TRIGGER PROFILE

	Never	Rarely	Sometimes	Often	Always
My child's defiance or non-compliance triggers a strong reaction in me			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child's emotional outbursts feel overwhelming or frightening to me			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When my child cries or needs comfort, I sometimes feel irritable or shut down			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child's behaviour sometimes reminds me of my own childhood experiences			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes react with more intensity than the situation warrants			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After a triggering moment, I feel guilt or shame about my response			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TRIGGER LOG

Use this log to track parenting triggers as they arise:

Situation	My reaction	Body sensation	Old wound activated	Repair I made

Parenting Triggers & Responses Log

Identify, understand, and interrupt your parenting triggers — responding from wisdom rather than from old wounds.

REFLECTION & INTEGRATION

The wound from my own childhood that shows up most in my parenting:

What I most want to offer my child that I did not receive:

One thing I will do differently next time I feel triggered:
