Identifying Family Stress Triggers

For the next week, write down all those situations that cause you to have a negative response. Give a brief description of the situation. Where were you? Who was involved? Also, describe your feelings and your reaction. Did you feel frustrated, angry or nervous? How did you react? How did that impact the situation?

Date	Description of the Situation	Others involved: kids, spouse, sibling?	Feelings: Angry, nervous, frustrated?	Reaction: What did you do?	Impact: How did your reaction impact the situation?

Take a look back over the week and see if you can spot any patterns. Are you more reactive in the mornings? Is it when you are in the car? Try to notice those times or situations that put you at greater risk of escalating conflict. Knowledge is power – once you recognize the problem, you can work on the solution.

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