

Event

Trigger Event

Day

Time

Place

Your Reactions

Your physical reaction

Your emotions

Your escalating thoughts

Responses

Your response to the trigger event (what did you do?)

Your child's response to your yelling

Aftermath

After you yelled, how did you feel?

How did your child feel?

Temperament Traits at Play

Yours

Your child's

Evaluation

What could you have done differently?