



TRIGGER IDENTIFICATION

| Trigger | Strategy |
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TRIGGER IDENTIFICATION

| Trigger | Strategy |
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| I get irritated when people give me long lists of instructions I can't follow. | Ask them to write down the list of instructions so I can read it through slowly in my own time. |
| I get irritated more easily if I have not eaten on time. | Make a weekly planner for meal times and keep to it. |
| I get irritated when I have to wait a long time in waiting rooms | Ask how long the wait will be, go for a walk and come back later |
| I get angry when I feel I am being told to do things I don't want to do and I feel like punching someone | Take long deep breaths, ask them "how does this help me". If I am still feeling angry walk away and come back. |
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