My Trigger Inventory Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions: Place an X in the box that describes how you feel when you encounter each situation.

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| Trigger | 5 | 4 | 3 | 2 | 1 |
| Having to wait to do my favorite thing |  |  |  |  |  |
| Bright lights |  |  |  |  |  |
| Smelling someone else’s breath |  |  |  |  |  |
| Having to wait to talk about my favorite thing |  |  |  |  |  |
| Feeling sick |  |  |  |  |  |
| Walking in the hallway |  |  |  |  |  |
| Someone talking to me |  |  |  |  |  |
| Being around a lot of noise |  |  |  |  |  |
| Riding the school bus |  |  |  |  |  |
| Being in the lunch room |  |  |  |  |  |
| Someone touching my stuff |  |  |  |  |  |
| Having a schedule change |  |  |  |  |  |
| Someone talking too much |  |  |  |  |  |
| Reading |  |  |  |  |  |
| Math |  |  |  |  |  |
| Handwriting |  |  |  |  |  |
| Turing off the computer |  |  |  |  |  |
| Having to stop one thing and do something else |  |  |  |  |  |
| Recess |  |  |  |  |  |
| Too many people talking at once |  |  |  |  |  |
| Taking a walk |  |  |  |  |  |
| Someone telling me what to do |  |  |  |  |  |
| Trigger | 5 | 4 | 3 | 2 | 1 |
| Getting into trouble |  |  |  |  |  |
| Listening to directions |  |  |  |  |  |
| Losing a game |  |  |  |  |  |
| Crowds |  |  |  |  |  |
| Playing sports |  |  |  |  |  |
| Getting up in the morning |  |  |  |  |  |
| Meeting new people |  |  |  |  |  |
| Wearing uncomfortable clothing |  |  |  |  |  |
| Walking next to other people |  |  |  |  |  |
| Someone looking at me |  |  |  |  |  |
| Having homework |  |  |  |  |  |
| Being late at school |  |  |  |  |  |
| Asking for help |  |  |  |  |  |
| Having a substitute teacher |  |  |  |  |  |
| Smelling food I don’t like |  |  |  |  |  |
| Having a change in the schedule |  |  |  |  |  |
| Hearing an argument |  |  |  |  |  |
| Having the furniture changed or rearranged |  |  |  |  |  |
| Being told “no!” |  |  |  |  |  |
| Riding the in car |  |  |  |  |  |
| Being teased |  |  |  |  |  |
| Someone else breaking a rule |  |  |  |  |  |
| Going to school |  |  |  |  |  |
| Sharing toys or games with others |  |  |  |  |  |

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| Trigger | 5 | 4 | 3 | 2 | 1 |
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