

# Trigger Card

## Triggers

Things that make me feel mad, sad, or upset are:

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## Warning Signs

Others know I am mad, sad, or upset because:

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Name: \_\_\_\_\_



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

Adapted from: Murphy MS, Tim and Maggie Bennington-Davis MD. [Restraint and Seclusion: The Model for Eliminating Their Use in Healthcare](#). Marblehead: HCPro, Inc, 2005. 11-14.

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## My Coping Skills Now

When I am mad, sad, or upset  
I manage by:

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## “New” Cope Sequence

Calm: I can calm by?

Options: My options/choices are?

Perform: My best options are?

Evaluate: How did my option work?

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