



Responding To Behavior: Independent Activity

Understanding Your Triggers

What are my own personal hot spots or triggers that can lead me to react from the feelings portion of my brain when responding to a child's behavior?

What do I do when triggered? Do I want to fight, flight, or freeze? Fight as an adult can present as engaging in power struggles, decreased flexibility, increased rigidity, threats of punishment, etc... Flight as an adult can present as ignoring the behavior, wanting to leave, a strong desire to run, etc... Freeze as an adult can present as getting stuck and not being able to do anything.

Is this way of responding helping or hurting my relationship with the student? Is it helping the situation?

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