



Identifying Triggers Checklist



Developed with neurodivergent folk front of mind



Triggers are a stimulus/experience that creates painful or distressing thoughts, feelings or sensations. By understanding your triggers, you have more opportunity to prevent, reduce, plan for and recover from triggering experiences. Your triggers are unique to you and you are the best person to know what you need. Others being surprised or confused by your triggers does not invalidate your experience or needs.

Name and Date of Birth:

Date completed:



Visual

Lighting

- ☐ Bright or harsh
- ☐ Flickering or flashing
- ☐ Overhead fluorescent
- ☐ Intense/direct sunlight
- ☐ Low/dim lighting
- ☐ Glare/reflections
- ☐ Coloured/neon lights
- ☐ Rapid changes in lighting

Other

- ☐ Moving images
- ☐ Clutter
- ☐ Dirty items
- ☐ Empty/vacant spaces
- ☐ Eye contact
- ☐ Specific colours
- ☐ Specific colour contrasts
- ☐ Overwhelming patterns

Notes:



Auditory

- | | |
|---|--|
| ☐ Loud noises | ☐ Eating noises |
| ☐ Sudden bursts of sound | ☐ Particular words |
| ☐ Background noise/chatter | ☐ Static/buzzing |
| ☐ High-pitched/piercing sounds | ☐ Music style/s or instruments: |
| ☐ Echoes/reverberation | |
| ☐ Repetitive noises | |

Notes:



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Smell

- | | |
|--------------------------------------|---|
| ☐ Body odor | ☐ Synthetic fragrances |
| ☐ Pollution | ☐ Food smells |
| ☐ Stuffy room | ☐ Cleaning products |

Notes:



Taste

- | | |
|---------------------------------------|---|
| ☐ Texture: | ☐ Unfamiliar/new |
| ☐ Temperature: | ☐ Mixed textures |
| ☐ Flavour: | ☐ Allergies/intolerances |

Notes:



Proprioception

- | | |
|--|--|
| ☐ Clumsiness/navigating objects | ☐ Physical Exertion |
| ☐ Having to stay still | ☐ Muscle fatigue |

Notes:



Touch

Clothing

- ☐ Rough/scratchy
- ☐ Tags/labels
- ☐ Tight/constricting
- ☐ Uncomfortable footwear
- ☐ Loose/baggy
- ☐ Specific colour
- ☐ Patterns
- ☐ Certain fabrics

Tactile

- ☐ Rough/abrasive
- ☐ Itchy/scratchy
- ☐ Light/gentle touch
- ☐ Heavy/deep pressure
- ☐ Wet/sticky
- ☐ Gooney
- ☐ Powdery
- ☐ Temperature

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Vestibular

- | | |
|--|--|
| ☐ Single direction motion | ☐ Rocking/swaying/spinning/bouncing |
| ☐ Heights/falls | ☐ Nausea/dizziness |

Notes:



Interoception

- | | |
|---|--|
| ☐ Hunger/over-eating | ☐ Need to wee/poo |
| ☐ Dehydration/thirst | ☐ Hormonal shifts/menstrual cycle |
| ☐ Tiredness | ☐ Posture/muscle tension |
| ☐ Heat/cold/humidity | ☐ Pain |

Notes:



Monotropism

- | | |
|---|--|
| ☐ Time pressure | ☐ Incorrect information |
| ☐ Multi-tasking | ☐ Change in routine |
| ☐ Switching tasks | ☐ Transitions |
| ☐ Incomplete tasks | |

Notes:



Social

- | | |
|---|---|
| ☐ Polite language (e.g. greetings) | ☐ Reading/using Nonverbal cues |
| ☐ Small talk | ☐ Physical touch/hugging |
| ☐ Turn-taking in conversations | ☐ Sarcasm |
| ☐ Not sharing your own experience | ☐ Dishonesty |
| ☐ Rapidly changing topics | ☐ Groups/crowds |
| ☐ Social hierarchy | ☐ Personal space rules |

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Demand avoidance



Rejection sensitivity

- ☐ Work/study requirements
- ☐ Health/body needs
- ☐ Rules/laws/restrictions
- ☐ Authority figures
- ☐ Social hierarchy
- ☐ Relational demands
- ☐ Not being in control

- ☐ Evaluation/feedback
- ☐ Disapproval
- ☐ Being observed/perceived
- ☐ Social responses from others
- ☐ Setting boundaries/conflict
- ☐ Embarrassment
- ☐ Making mistakes

Notes:

Let's celebrate the time and effort you have taken to complete this checklist!

It is understandable if you are grieving the challenges you must face, often without support. I hope it is also reaffirming of how courageous you been in your journey. Take your time with this new self knowledge and consider if you might would like to share this information with trusted loved one, community or neurodiverse affirming.

Further support documents you might wish to explore:

- *Managing Triggers - exploring individual triggers and possible strategies, in depth*
- *Glimmers - checklist of stimulus/experiences that generate awe, joy or peace*
- *Persistent Drive for Autonomy (PDA) Checklist and guide to supporting*
- *Rejection Sensitivity Dysphoria (RSD) Checklist, Affirmation & guide for supporters*

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