



Triggers Checklist



Developed with neurodivergent folk front of mind



Triggers are experiences that create painful or distressing thoughts, feelings or sensations. How much a trigger impacts you will vary. By understanding triggers, you have more opportunities to prevent, reduce, plan for and recover from them. 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. This is not a complete checklist and you can add anything you like.

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 (e.g. cinema)
- Clutter
- Dirty items
- Empty/vacant spaces
- Eye contact
- Particular colours
- Certain colour combinations
- Types of patterns

Notes:



Auditory

- Continuous loud sounds
- Sudden bursts of sound
- Background noise/chatter
- High-pitched/piercing sounds
- Echoes/reverberation

- Repetitive noises
- Eating noises
- Particular words
- Static/buzzing
- Music style/s or instruments:

Notes:



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Smell

Animal smells

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/muscle fatigue

Having to stay still

Feeling not grounded in your body

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

Goopy

Powdery

Hot/cold

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Vestibular

Direction of motion
Heights/free falling

Rocking/swaying/spinning/bouncing
Prone to nausea/dizziness

Notes:



Interoception

Hunger/over-eating
Dehydration/thirst
Tiredness
Heat/cold/humidity

Need to or just done wee/poo
Hormonal shifts/menstrual cycle
Posture/muscle tension
Pain

Notes:



Monotropism

Time pressure
Multi-tasking/switching tasks
Incomplete tasks

Noticing errors
Change in routine
Transitions

Notes:



Social

Social rituals (e.g. formal greetings)
Small talk
Turn-taking in conversations
Not sharing your own experience
Rapidly changing topics
Social hierarchy

Reading/using nonverbal cues
Physical touch/hugging
Sarcasm
Dishonesty
Groups/crowds
Personal space rules

Notes:



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Demand avoidance

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



Rejection sensitivity

Evaluation/feedback
Disapproval
Being observed/perceived
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 have faced, often without support or information. I hope this self reflection dignifies your past challenges and empowers you to advocate for necessary supports. Take your time with this new self knowledge and consider if you might would like to share this information with trusted loved ones, community or neurodiverse affirming professionals.

Further support documents you might wish to explore:

- *Glimmers - checklist of stimulus/experiences that generate awe, joy or peace*
- *Rejection Sensitivity Dysphoria (RSD) Checklist, Affirmation & guide for supporters*
- *Persistent Drive for Autonomy (PDA) Checklist and guide to supporting*

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**Dana and Rasa are cousins*