

Lesson Title: Responding Instead of Reacting



## Module 5 Worksheet: Trigger Tracker + Parent Pause

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

Date: \_\_\_\_\_

Behavior is often loud, but our triggers are usually silent. Let's trace them back with truth and love.

1. What was the moment that triggered you?

2. What thought immediately popped into your head?

3. What emotion did you feel in your body?

4. What did you do or say next?

## Reframe with the 3-Step Parent Pause™

Pause – Could I have paused the moment before reacting?

□ Yes □ No How might I next time?

Breathe & Name the Feeling – What emotion was really at play?

**Reframe** – What new thought or script could I choose next time?

New Action – What tool or calm-down practice can I apply?



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## Module 5 Journal Prompts

**Prompt 1:** What are 2 of my biggest parenting triggers?

**Prompt 2:** When I feel overwhelmed, what do I *usually* do—and what do I want to start doing instead?

**Prompt 3:** What's one thing I want to model differently for my child this week?

## Weekly Affirmation

"When I pause, I shift the energy. Peace begins with me."