

My False Alarm Goes Off When . . .

Name: _____ Date: _____

Trigger

Reminds Me of . . .

1. Hearing people yell in loud
tone of voice

Times when I was yelled at a lot

2. Feeling alone or
being ignored

Times when I did not get enough
attention when I was little

3. Smell of smoke

A bad fire

4. _____

5. _____

6. _____

7. _____

8. _____
