

Trigger Thoughts and Antidotes – Teacher Self Care

Instructions:

Thoughts can trigger a stress response. Below are three types of trigger thoughts.

1. As you read through the list, circle the **bold** sentences that seem familiar to you.
2. Create, or pick, at least one antidote (*internal thought in italics*) to counteract each of your triggers. For example:

You are doing this to annoy me

Hey, what's the game?!

✓ *Stop. Breathe. Refocus.*

3. Decide how you will use these *antidotes* in your work. Take a moment to imagine using them, and feel, hear and see the impact. (Imagining is practicing!)

Assumed intent

You are doing this to annoy me

Hey, what's the game?!

Stop. Breathe. Refocus.

You are deliberately defying me

I am safe. I can handle this.

This is about power. I can empower.

You are driving me crazy

Did he/she understand the instructions?

I wonder if this is too much for him/her?

You are trying to see how far you can push

I need to chill out

Is this a reject me game? I can see

Labeling

You are getting out of control

He/she wants boundaries, security, safety

I am safe. I am relaxing. I can handle this.

This is just plain manipulation

"Look beyond the game"

I have choice. I am still me.

You're lazy, malicious, stubborn, disrespectful, ungrateful, wilful, selfish, cruel, etc.

I need to chill out. Where are the strengths?

I bet there are reasons underneath this

You don't care about anyone but yourself

Calm. Breathe.

He/she needs to self-protect.

You're deliberately being mean, cruel, hurtful...

What is the function?

This is about someone else. I am still OK.

Magnification

I can't stand this one minute longer.

Breathe. This will end. Breathe.

I am bigger than this moment.

You've gone too far this time.

Breathe, breathe

Step back. Take a break.

You never listen, pay attention or stay on task.

Did I "collect" attention before I redirected?

What catches this student's attention?

How dare you speak to me like that?

He/she needs space

Calm. Deep breath.

You turn everything into a power struggle.

What is funny about this?

I am safe. I am relaxing. I can handle this.