








Resilient Oakland Communities and KIDS (ROCK)

IDENTIFYING TRIGGERS IN YOUR TEACHING PRACTICE

Please read each item and answer honestly. Rate each item from 1-5.

				
1 Does not bother me at all	2 Makes me feel a little uncomfortable	3 Makes me feel stressed	4 This upsets me	5 I'm going to explode!

Please indicate your level of agreement with each of the following statements.

I am triggered...	1	2	3	4	5
By loud noises.	1	2	3	4	5
When I have to wait for something.	1	2	3	4	5
When my daily routine is changed.	1	2	3	4	5
When someone whines.	1	2	3	4	5
When other people are talking near me.	1	2	3	4	5
When I don't understand what someone is saying to me.	1	2	3	4	5
When someone starts to talk with me unexpectedly.	1	2	3	4	5
When someone asks me for help.	1	2	3	4	5
A colleague gives me feedback/constructive criticism.	1	2	3	4	5
When I'm exhausted.	1	2	3	4	5
Someone tells me to correct a mistake.	1	2	3	4	5
When someone disagrees with me.	1	2	3	4	5
Arriving to work on time.	1	2	3	4	5
Working with a coach.	1	2	3	4	5
When someone points out a mistake I made.	1	2	3	4	5
Talking with families.	1	2	3	4	5
Being observed.	1	2	3	4	5
When I see students are having a conflict.	1	2	3	4	5
When I disagree with a colleague/supervisor.	1	2	3	4	5
Deadlines, time pressures.	1	2	3	4	5
When I have to do something new or different.	1	2	3	4	5
When others touch me (i.e., handshake, pat on the back)	1	2	3	4	5
When I don't understand a certain idea or concept.	1	2	3	4	5
Teasing by others.	1	2	3	4	5
When I don't finish something on time.	1	2	3	4	5



Asking for help.	1	2	3	4	5
When I am confused about a task/activity.	1	2	3	4	5
When I have to follow specific instructions.	1	2	3	4	5
Violence in the school community.	1	2	3	4	5
My supervisor gives me feedback.	1	2	3	4	5
When my students are hungry.	1	2	3	4	5
Fears of deportation for my students and their families.	1	2	3	4	5
When my students are homeless or housing insecure.	1	2	3	4	5
Being rated by an evaluator.	1	2	3	4	5
When language barriers prevent me from communicating with students' families.	1	2	3	4	5
Not having time to reflect and talk with my colleagues about my teaching practice.	1	2	3	4	5
Working with a mental health consultant.	1	2	3	4	5
My supervisor gives me constructive criticism.	1	2	3	4	5
When I feel different than everyone around me (eg. race, gender, language spoken, diet, disability).	1	2	3	4	5
Not having adequate staff coverage.	1	2	3	4	5
Other:	1	2	3	4	5
Other:	1	2	3	4	5
Other:	1	2	3	4	5

Now that you have finished rating these items, identify your **BIGGEST TRIGGERS**. These are items that you scored a "5" (or perhaps a "4"). Write those down below and be as specific as you can. For example, if certain noises make you want to "explode", describe the specific noise that makes you feel this way.

1. _____
2. _____
3. _____
4. _____
5. _____