What makes you feel upset?
(Circle all that make you feel sad, mad, scared or other feelings)

**Touch**
- Being touched
- Too many people

**See**
- Darkness

**Hear**
- Loud noises
- Yelling
- Thunderstorms

**Other**
- Missing someone
- Being left alone
- Being surprised
- Having a fight with a friend
- Not having visitors
- Being hungry
- Being tired
- Someone being mean
- Being sick
- Certain time of year
- Certain time of day/night
- Having my bedroom door open

Anything else that makes you feel upset? ________________________________

NOTE: The following are general triggers for people
Being told what to do rather than asked;
Being told no rather than being given choices.