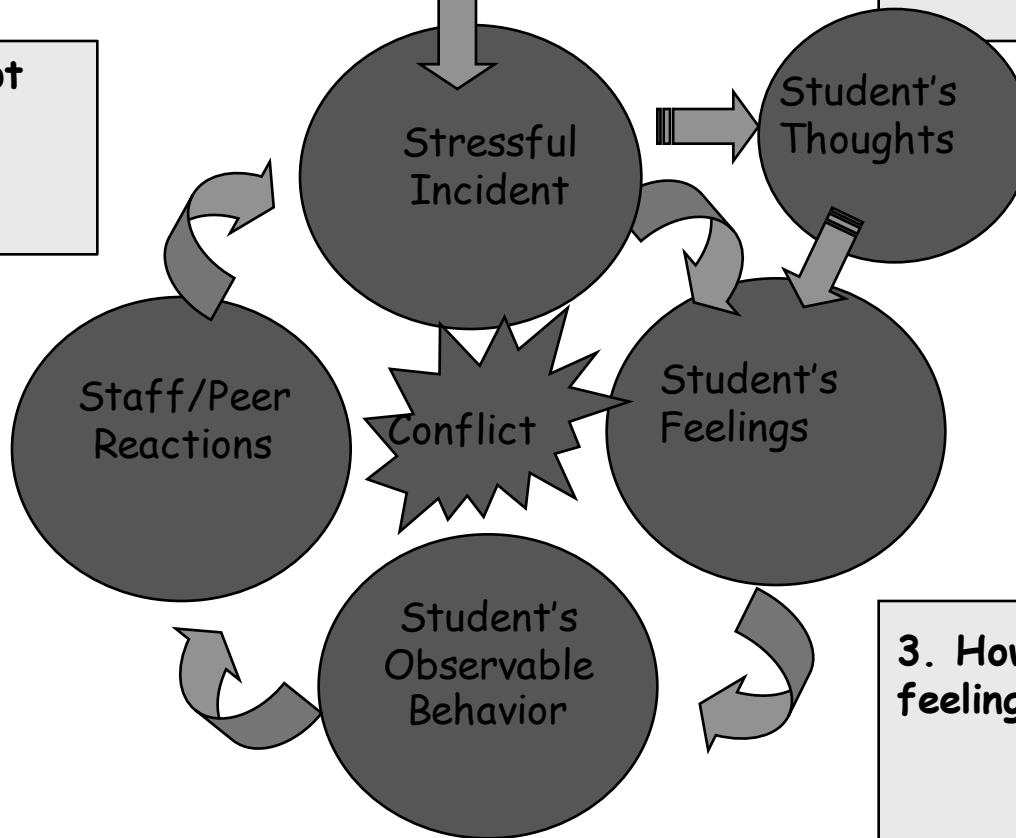


How Did It Get Started?

The Conflict Cycle

1. Describe the stressful incident

Student's Self-Concept and Irrational Beliefs:



2. What were you thinking?

Describe the staff/ peer reactions

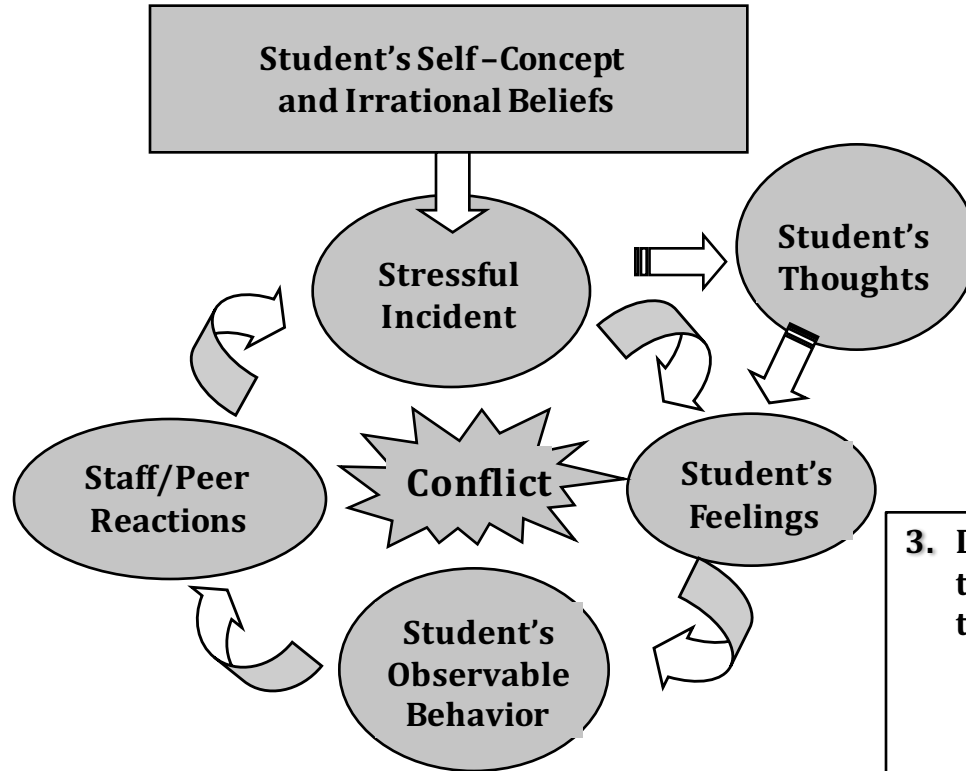
3. How were you feeling?

What did you do?

Conflict
Cycle
Worksheet

(Walker & Hoyt, 2016)

1. Describe possible self concept factors & beliefs that may be present for the student as he/she begins the activity or routine:



2. Describe the triggering incident (what happened that seemed to trigger stress for the student?):

3. Describe thoughts and feelings that may have been triggered by the stress:

5. List adult responses that are more likely and less likely to escalate emotion or 'trigger' new stress:

More likely to trigger:

Less likely to trigger:

4. Describe the student behavior (what does the student do?):