

## Worksheet 2: Triggers of your parents' and/or key caregivers' threat systems

Tick the factors that triggered your parents' and/or caregivers' threat systems:

Threat factors	Tick/cross	Threat factors	Tick/cross
Family being late		Drug taking	
You (as a child) being late home		Alcohol drinking	
You (as a child) getting lost		Illness in the family	
Injuries		Lack of schoolwork being done	
Work stress		You (as a child) leaving work until the last minute	
Rudeness from you (as a child)		Aggression from you (as a child)	
When you (as a child) didn't follow their instructions		Untidiness	
You (as a child) withdrawing from them		Family finances	
Lack of revision being done		Other:	