

Priority Challenge Worksheet

Child/teen's name:

Date:

This worksheet is for caregivers, caseworkers and others important to a child/teen. Begin by circling the most appropriate words in each category, or write your own in the relevant sections. Prioritise patterns that interfere most with the child/teen's functioning. Then, using your responses, develop 'challenge statements' to identify their most significant difficulties.

Reminders of past trauma, such as:

Loss of loved ones	Abandonment	Being hurt or being a victim	Danger	Lack of nurturing	Being singled out or treated differently	Rejection	Neglect
Others:							

Trauma triggers / reminders, such as:

The sound of...	Illness (self or close other)	The smell of...	Having to say goodbye	Having to share (time, space, belongings, attention)	Loss of control (being told to do something or told no)	Someone important to them can't give them attention
Being alone	Anniversary dates	News reports	Time of day	Loud voices	Yelling	Holidays
Being corrected	Bathing / toileting	Being touched or belongings being touched (boundaries)	Change of school	Someone who reminds them of someone else	Dark or confined spaces	Hearing upsetting news
Judgemental comments	Emotional needs not met (feeling bored, disconnected)	Physical needs not met (tired, hungry, poor medical care)	Feeling unheard or misunderstood	Sexual comments or images	Demands not being met	Being teased or embarrassed
Others:						

Feelings, such as:

Fear / panic	Insecurity	Anxiety	Depression	Sadness	Hopelessness
Despair	Anger	Numbing	Embarrassment / humiliation	Agitation	Irritability
Others:					

Emotional and behavioural challenges, such as:

Crying	Withdrawal	Isolation	Excessing worrying	Attention difficulties	Numbing / shutting down
Hyperactivity	Changes in eating habits	Restlessness	Trouble sleeping	Pacing	Swearing
Excessing talking	Clinginess	Avoiding help	Losing touch with reality	Food hoarding	School truancy
Others:					

And/or other behavioural challenges:

Physical aggression	Destruction of property	Verbal threats	Stealing	Running away
Over / under eating	Drug / alcohol use	Problematic and harmful sexual behaviour (describe)	Self-harming	Suicidal ideation/ attempts
Others:				

Healing from Trauma

Use the worksheet to help you complete the priority challenge statements:

Reminders of (past trauma) _____

...such as (trigger) _____

...lead to feelings of _____

These feelings lead to emotional and/or behavioural challenges such as: _____

Things we can do to lessen the triggers include: _____

Things we can do to help the child/teen cope include: _____

Completing the moment-by-moment assessment

The Priority Challenge worksheet helps you to identify:

- triggers that lead to Boiling responses in kids;
- ways to reduce these triggers, and;
- ways to develop coping strategies.

Completing the worksheet

You should complete the Priority Challenge worksheet after completing three to five moment-by-moment assessments.

The Priority Challenge worksheet is divided into two sections. In the first section, you identify a child/teen's past traumas and their trauma triggers. You'll also identify their feelings, emotions, and behavioural challenges they experience when having a survival response.

To complete the first section, you should:

- circle the words that best apply to the child/teen
- write your own description if the words don't seem appropriate
- only select 2 or 3 responses per section.

The second section asks you to complete Priority Challenge statements, using the words you selected in the first section.

To complete the second section, you should:

- work with the child support team to identify strategies that reduce triggers and help the child/teen cope
- review the strategies regularly, updating this section when new strategies are identified or others stop working
- work with the child/teen to develop their Managing Emotions Guide.