

PART OF THE CALM MOM RESET SYSTEM™

THE TRIGGER MAP™

Find your top 3 detonators in 10 brutally honest minutes.

You can't defuse a bomb you haven't found. Tonight, after bedtime, with a pen and zero judgment — we find yours.

HOW THIS WORKS

Ten minutes. One pen. Total honesty.

Here's what nobody tells you about mom rage: it isn't random. It feels random — one day the whining bounces off you, the next day it detonates you — but underneath, your explosions cluster around a handful of very specific triggers. Usually three.

Most moms have never once written theirs down. So the rage stays fog: everywhere, unpredictable, unbeatable. This worksheet turns the fog into a map. And a mapped trigger is a beatable trigger — because you'll see it coming with your full 90 seconds to spare, instead of discovering it mid-eruption.

The rules (there are only three)

- 1. Do this after bedtime,** tea in hand, not mid-chaos. This is reconnaissance, not combat.
- 2. Print it and use a real pen.** Writing by hand makes it stick. (Screen-tapping is allowed, but pen is better.)
- 3. No fixing yet.** Tonight you're a detective, not a firefighter. Honest mapping first — the defusal plans come at the end.

Ready? Pen up. Let's find them.

The Detonator Inventory

Tick every trigger that has EVER sent you from zero to yelling. Then, for each ticked box, write its heat score in the small box: **1** (simmer) to **5** (instant eruption). Be honest — nobody sees this but you.

CATEGORY 1 · SENSORY OVERLOAD

- ☐ **THE NOISE** — the humming, the shrieking, the same song, all of it at once heat
- ☐ **The whine-pitch** — that specific frequency that bypasses your patience entirely heat
- ☐ **Being touched-out** — climbed on, grabbed, pulled at, all day, one more tug heat
- ☐ **The mess** — the floor you just cleared, re-destroyed in ninety seconds heat

CATEGORY 2 · THE CLOCK

- ☐ **The school-morning gauntlet** — shoes, teeth, bags, WHERE IS YOUR OTHER SHOE heat
- ☐ **Getting out the door** — for anything, ever heat
- ☐ **The bedtime marathon** — hour three, water request four, "one more" everything heat
- ☐ **Running late because of them** — and knowing you'll be the one apologizing heat

CATEGORY 3 · THE DEFIANCE LOOP

- ☐ **Asked five times, ignored five times** — the invisible-mom effect heat
- ☐ **Backtalk / the attitude** — the eye-roll, the tone, the "whatever" heat
- ☐ **Sibling warfare** — the screaming match over the toy neither wanted yesterday heat
- ☐ **The public meltdown** — their volume, plus an audience, plus the judgment heat

CATEGORY 4 · THE EMPTY TANK

- ☐ **Broken sleep** — running the whole circus on five hours heat ☐
- ☐ **You haven't eaten** — it's 2 PM and you've had three stolen crusts heat ☐
- ☐ **Zero minutes alone today** — not even the bathroom heat ☐
- ☐ **The mental load** — appointments, forms, gifts, meals: the entire invisible spreadsheet, alone heat ☐

Name Your Top 3

Look back at your heat scores. Your three highest are your detonators — the triggers behind most of your worst moments. Write each one below, then interrogate it like a detective. The "what happens right before" question is the goldmine: rage almost always has a run-up you've never noticed.

Detonator #1

.....
What's usually happening right before it blows? (time of day, who's there, what you're trying to do)

.....
Where does your body feel it FIRST?

☐ jaw ☐ chest ☐ heat in face ☐ hands ☐ shoulders ☐ stomach

The story my brain screams: ("nobody listens to me" / "I do everything" / "why is it always me")

Detonator #2

.....
What's usually happening right before it blows?

.....
Where does your body feel it FIRST?

☐ jaw ☐ chest ☐ heat in face ☐ hands ☐ shoulders ☐ stomach

The story my brain screams:

Detonator #3

.....
What's usually happening right before it blows?

.....
Where does your body feel it FIRST?

☐ jaw ☐ chest ☐ heat in face ☐ hands ☐ shoulders ☐ stomach

The story my brain screams:

.....

STEP 3 • 1 MINUTE

Your Early-Warning System

Here's the discovery hiding in the pages you just filled in:

your body fires before your voice does.

The jaw clench, the chest tightening, the heat rising up your neck — whichever one you ticked most often is your personal smoke alarm. It goes off seconds before the eruption. Most moms have never consciously noticed theirs — which is why the yelling feels like it "comes out of nowhere." It never does. From today, that body signal is your starting pistol: the moment you feel it, your 90 seconds have begun and your SOS track goes in your ear.

Fill in your alarm

My #1 body alarm (the one I ticked most):

.....
So my new rule is: **"The moment I feel _____, I press play. That feeling isn't the eruption — it's my 90-second head start."**

STEP 4 • 3 MINUTES

The Defusal Menu

Now — and only now — we fix. For each detonator, choose ONE move from this menu. One. A plan you'll actually run beats a beautiful system you won't.

PRE-LOAD IT — kill the trigger the night before. (Shoes by the door at 8 PM. Clothes laid out. Bags packed.) Best for: Clock triggers.

THE EXIT MOVE — kids somewhere safe, you in the hallway for 60 seconds. Leaving IS the technique, not the failure. Best for: Sensory + Defiance triggers.

ONE EARBUD — SOS track, pressed play at the first body alarm. Best for: everything; this is your universal move.

THE SWAP LINE — one rehearsed sentence that replaces the yell. ("I'm getting frustrated. New plan.") Said low and slow — volume drop is the power move. Best for: Defiance triggers.

LOWER THE BAR — decide in advance what's allowed to be good-enough. (Cereal for dinner on hard days. Odd socks. A ten-minute show while you eat.) Best for: Empty Tank triggers.

My defusal plan

Detonator #1 → my move:

.....

Detonator #2 → my move:

.....

Detonator #3 → my move:

.....

Your Fridge Card

Copy your answers into this card, then stick it where the chaos happens — fridge, hallway, or photograph it and make it your lock screen. This is your entire rage-defense system on one card.

MY 90-SECOND PLAN

My 3 detonators:

.....

.....

.....

My body alarm:

.....

When it fires, my move is:

.....

The wave passes in 90 seconds. Don't feed it. Surf it.

Mapped. Armed. Ready. See you at tomorrow's 7:42.

A gentle note, mom to mom: if the anger feels bigger than "mom rage" — if it comes with hopelessness, rage that frightens you, or thoughts that scare you — please talk to your doctor or a postpartum specialist. This worksheet is education, not treatment, and you deserve real, human support alongside it. · The Calm Mom Reset System™ · The Trigger Map™