

DAILY LIFE

Meltdown Tracking Sheet

Two weeks of tracking is usually enough to reveal a hidden trigger.

Why track meltdowns?

Patterns only become visible across time. Two weeks of records will usually reveal a trigger that you've been too close to see — a specific day of the week, a hidden sensory input, a recurring transition.

Date	Time	Duration	Where	What was happening before	What helped after

Reflection — after two weeks

Common triggers I've spotted

Common things that help

One change I'll trial for the next two weeks
