

WHAT I NOTICE IN MY CHILD

Trauma Response Observation Log

It's not bad behavior — it's a survival strategy. Track what you observe to find the patterns.

FIGHT <i>Looks like:</i> Aggression, defiance, tantrums, screaming, arguing	FLIGHT <i>Looks like:</i> Avoidance, running, hiding, can't sit still, shutting down conversations	FREEZE <i>Looks like:</i> Zoning out, blank stare, 'I don't know,' appearing not to care	FAWN <i>Looks like:</i> People-pleasing, over-compliance, 'I'm fine,' taking care of everyone else
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Child's name/initials: _____ Age: _____ Week of: _____

Date	Time	What happened	What my child did	Response type (F/Fl/Fr/Fw)	What I did
		The trigger or situation	The behavior I observed	Fight, Flight, Freeze, or Fawn	My response
2/10	3:30 PM	Asked about homework	Slammed door, yelled 'leave me alone'	Fight	Gave space. Checked in after 15 min.

WEEKLY REFLECTION

Which trauma response did I see most? Fight / Flight / Freeze / Fawn

What situations or times triggered the strongest responses?

What response did I have to my child's behavior? (Was I in my window of tolerance?)

What helped my child regulate? What made it worse?

One thing I want to try differently next week:

Remember: Ask "What happened to you?" before "What's wrong with you?"

*© The Underrated Superhero | Chapter 8: Trauma-Informed Parenting
From the upcoming textbook: The Underrated Superhero — Parenting in Recovery*