Overhead/Handout 4.6. Questions to Consider Regarding a Catastrophic Reaction

What did the person do just before he became upset?
   Did he become stubborn, refuse to do something?
   Become more restless, fidget more?
   Flush?
   Was there any other thing the person did that let you know that he was becoming upset?

What was going on at the time?
   What were you doing?
   What were you saying?
   Were you trying to get the person to do something?
   Were you feeling irritated or rushed?
   Was a lot happening around the person?
   Was something happening on TV?

What might have triggered this outburst?
   Were you trying to get the person to do something she did not want to do?
   Were you trying to get the person to do something she did not understand?
   Was the person unable to make herself understood?
   Was the person not feeling well at that time?
   Could she not see well?
   Could she not hear well?
   Was the person unable to do something she was trying to do?
   Were things too confusing? Too much to pay attention to?
   Did someone talk to the person as if she were a child?
   Does the person seem depressed?
   Does the person spend more than an hour at a time doing nothing?
   Did you argue or try to explain things?
   Was the person tired?
   Was it her bad time of day?