# Trigger-response map

15–20 minutes

How one moment sets off a chain of parts. Mapping a chain once makes it easier to recognise the next time it starts.

**1 What happened (a comment, a silence, a change of plan)**

**2 The first part to react, and what it did**

*Often a manager: the one that plans, criticises or smooths things over.*

**3 Did another part take over after that? Which, and what did it do?**

*Often a firefighter: the one that numbs, escapes or flares up.*

**4 The feeling underneath that these parts were keeping away**

**5 A name for this chain, so I recognise it next time**

*The Criticism Cascade.*