

I'm an  
Extravert!  
Surprise!  
(Well, probably not.)

My Love Language is

- To Bounce & Play!
- Quality Time!
- Let's go on an adventure together!

1

I'm Getting Better  
at Setting  
Boundaries Around

- Staying up all night having fun b/c I have a hard time getting up the next day.

14

My Attachment Style  
- Secure -

We can adventure together today, or not. I know I'll probably see you tomorrow. If not, I know where I can find you.

3

When I'm upset,  
please DO

- Sit with me under the tree.
- Just listen.
- Tuck me in for a nap or nap with me.
- Tell me you'll be here when I'm ready to talk.

12

On Bad Days or If  
I'm in a Bad Mood

I prefer company. If I tell you otherwise, I mean it. I'm not fishing for attention, and I don't want you to find me! Sometimes I recharge alone.

5

When I'm upset or triggered, it's my job to notice it and take care of myself.

What I can do is

- Sit with it. Sit outside under a tree.
- Take a nap. Am I tired from bouncing?
- Tell my friends I'm struggling & share my needs

10

When I was a kid...

I was alone a lot because I was the only Tigger.

So I'm triggered by

Being left out or being all alone for too long.

7

When I was a kid I  
would escape my  
troubles by

Playing outside in the 100 acre woods.

And I'd often get  
lost in

Adventures with friends.

8

## I'm Really Good at Setting Boundaries Around

- My free time. (I'm not helping with your chores and stuff.)
- Boring situations and conversations.

13

## I feel most intimate when we...

- Bounce & play!
- Go exploring
- Go on Adventures!
- When we do fun & exciting things together!

2

## My Spirit Animal Is me! b/c I'm full of spirit!

## My Hogwarts House Gryffindor! I'll be bouncing ahead, leading the adventure!

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14

## Tiggers Take Care & How To Take Care of a Tigger!

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Now, when I'm overwhelmed or triggered

## I react by

- Not Bouncing.
- You can see it in my shoulders, my face, & my tail.
- I pout & sulk.
- I don't always tell people why I'm upset.

9

## I Selfcare By

- Exercising!
- Going outside!  
--and I need selfcare b/c I've got truamas and triggers. That's right! Tiggers have triggers!

6

## When I'm upset, please DON'T

- Tell me to bounce.
  - Tell me to be happy or cheer up.
- Tell me what I "should" do.

11

## I'm Happiest When

- I'm bouncing!
- I'm with friends!
- I'm bouncing with friends!

4

## Printing Directions

1. Print front and back so pages 1 & 2 end up on the same piece of paper. For example: my printer settings are:  Print both sides.  Flip on Short Edge.
2. Cut the page in to 4 quarters by cutting it in half twice; once horizontally and once vertically. (So 1 and 14 are on a piece, 3 & 12, 5 & 10, and 7 & 8.) I recommend using a paper cutter set to 5.5" and then 4.25". Otherwise, fold page in half twice, unfold and use the folds as guides to cut on.
3. Stack up the 4 smaller pieces of paper using the page numbers (1,3,5,7 will stack from bottom to top with 7 & 8 becoming the center of the book.
4. Fold the stack in half to make a booklet.
5. Optional: add a staple or two on the spine to create a binding.