



Diary of Triggers



List situations that trigger your cat's inappropriate behaviour and then think of ways that you can reduce, remove or manage these triggers.

Trigger (the thing that prompts the behaviour)	Ways you can remove/reduce/control the Trigger
e.g. My cats fight when they are/have been looking out of the window at other cats in the garden	✓ Pull blinds down to reduce visual stimulus
e.g. My cat urinates on visitors shoes	✓ Ensure all visitors belongings are placed in another location where the cat cannot see or smell them



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