

IOP Week 1 Triggers

C B A U P G M J E R A V D A W W D R Y E K H Q R
 T N F D M U A P V S B O R E D N M I F Q O P G J
 X Q S M I A D U W Q U T L R Z P Y B D V X E X Z
 H A Z L S N X I Y K L U R X H T U E Z B Y O Q M
 J X E T P G B O F S R D O I H Q G B N N Z P Z A
 X O J X Q R P H O T J U K C G J C D X O N L N A
 H K T H V Y U Q Y O L A Z S Y G L C P J M E F Q
 Z V C N O L M Z B P W V O A O N E D E T I C X E
 G R W O H V G J H P A N M Z U N A R C H J Y Y Q
 D E S S E R P E D I E F B X S G M Q T H C I T P
 E W X O P A H T Y N X E V E A U G M I M C C R V
 A Y W J L N Y J I G T Z S F C L O J W W U M E J
 P F M L A R D J F M E W J N C R F I A V W U M T
 I I I Q C O D M T A R H P G U G Y O X S L I M X
 N L V E E D E H K K N G U Y D D Y A R N M D J V
 T L P R S R M B A D A I S W K C A F T O A P Z Q
 E N U I E S L U I S L M S U O V R E N I U W F S
 R Q S S H I E E Q T N Q C Q Z B Y G U T K P R N
 N T H O U G H T Y V O O U O L V U M U A Y F E J
 A N Y P J H W Q B Y K Q I T C R D M C U W T E R
 L W B O X W R C U J H Q G T X O P V I T O C T F
 S N X P R T E G D V Y F A F O I Q D O I V F I Q
 T I V Y P F V L Y Q E Y F B S M G F Z S X O M P
 W X J V L D O T G G N I V A R C E Z L V P R E A

Overwhelmed
 Emotions
 Anxious
 Thought
 People
 Use

Situations
 External
 Nervous
 Trigger
 Angry

Depressed
 Internal
 Excited
 Guilty
 Bored

Free Time
 Stopping
 Craving
 Places
 Money