

TRIGGERS

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

SOCIAL ISOLATION
FRUSTRATION
DISHONESTY
SELF PITY
BOREDOM
STRESS

STOP MEDICATION
ENVIRONMENT
DEPRESSION
TIREDNESS
ANXIETY
ANGER

REMINISCING
LONELINESS
POOR SLEEP
ARGUMENTS
CHANGES
MUSIC