

TRIGGERS

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

SOCIAL ISOLATION
ENVIRONMENT
POOR SLEEP
TIREDNESS
STRESS

STOP MEDICATION
REMINISCING
SELF PITY
BOREDOM
ANGER

POOR FINANCES
FRUSTRATION
ARGUMENTS
CHANGE