

Name: _____

Date: _____

Triggers

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

depression
memories
friends
people
anger

influences
feelings
things
stress
fear

irritated
emotions
places
music