

Triggers/ Coping Skills

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

Social Support

Old habits

Meetings

Sponsor

Parties

Commercials

Meditation

Exercise

Imagery

Stress

Old friends

Isolation

Holidays

Journal

Anger