

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Triggers and coping Skills

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

PLANNING FOR EMERGENCIES  
SEXUAL RELATIONSHIPS  
MANAGING BEHAVIORS  
ANGER MANAGEMENT  
DECISION MAKING  
PROBLEM SOLVING  
SCHEDULING  
STRESS

ENDING A RELATIONSHIP  
DRINK DRUG REFUSAL  
Managing Thoughts  
POSITIVE SUPPORT  
FAMILY PROBLEMS  
WORK PROMOTION  
EMOTIONS  
HALT

GLAMORIZING DRUG USE  
HANDLING CRITICISM  
NEGATIVE THINKING  
SOCIAL ISOLATION  
OVER CONFIDENCE  
OVERWHELMED  
FINANCES