

Triggers

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

SOCIAL ISOLATION

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SELF PITY

WORRYING

BULLYING

LOUDNESS

SIBLINGS

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STRESS

CHANGE

ANGER