

Name: _____

Date: _____

Triggers and Warning Signs

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

relationships
commericals
isolation
things
money

hopelessness
loneliness
anxiety
places
music

resentments
withdrawal
stress
people

frustration
depression
smells
anger