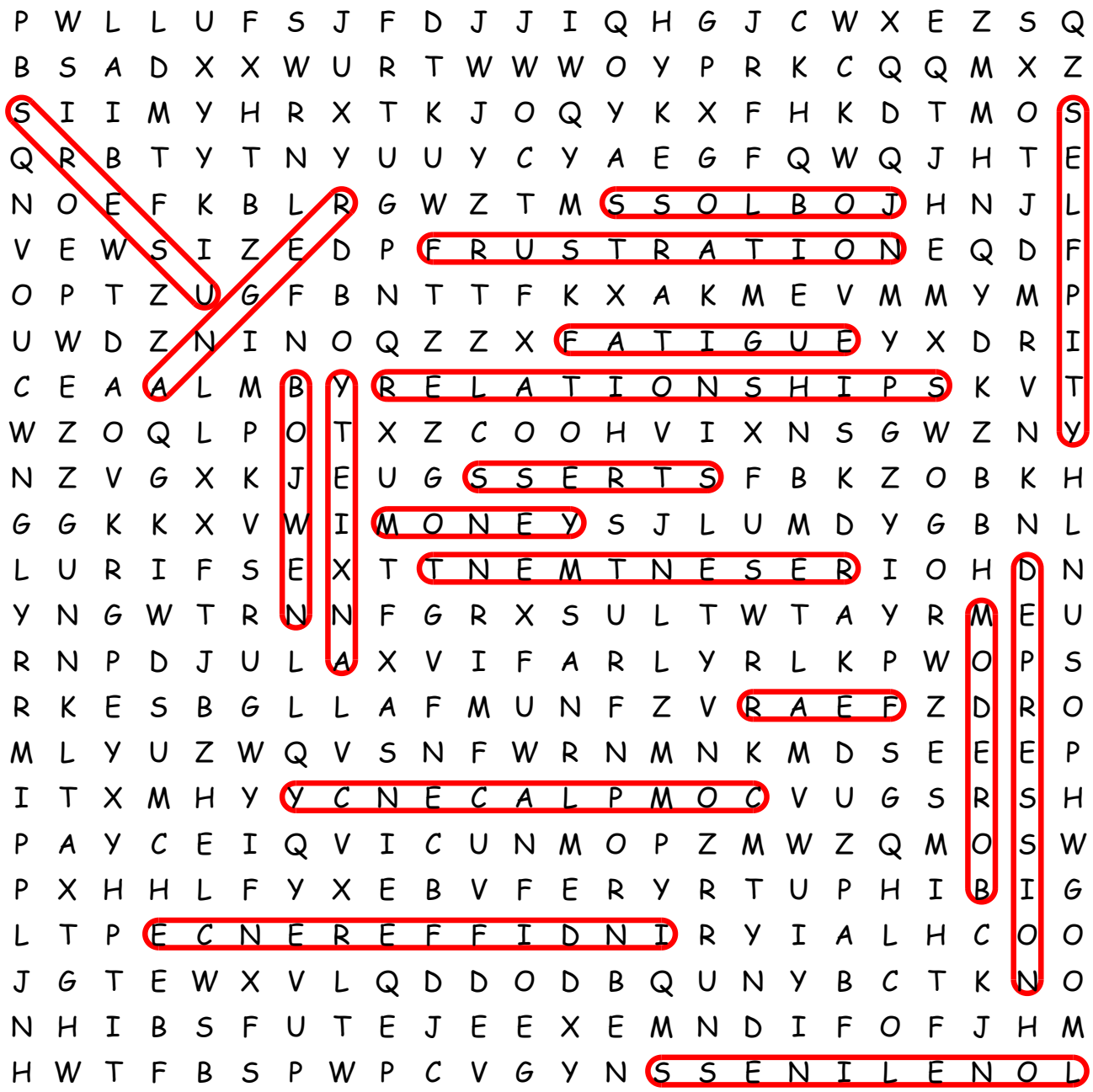
Name: _____ Date: _____

Avoid Your Triggers



Relationships
Depression
Job Loss
Anxiety
Anger
Indifference
Loneliness
New Job
Stress
Fear
Complacency
Resentment
Boredom
Users
Frustration
Self-pity
Fatigue
Money