

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