

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