TRIGGERS

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

   REMINISCING       SELF PITY       BOREDOM       SOCIAL ISOLATION       TIREDNESS       ANGER       LONELINESS       FRUSTRATION       DISHONESTY       STOP MEDICATION       ARGUMENTS       ENVIRONMENT       DEPRESSION       MUSIC       ANXIETY       CHANGES       POOR SLEEP       STRESS