TRIGGERS

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

   CHANGE       POOR FINANCES       BOREDOM       SOCIAL ISOLATION       ENVIRONMENT       STOP MEDICATION       SELF PITY       ARGUMENTS       REMINISCING       TIREDNESS       POOR SLEEP       FRUSTRATION       ANGER       STRESS