



A 'trigger' is something that sparks a big feeling. Knowing your triggers gives you a heads-up — so the next time, you can be ready.

TRIGGERS — what sets me off**RESPONSES — what I do**

1.	_____	→	1.	_____
	_____			_____
2.	_____	→	2.	_____
	_____			_____
3.	_____	→	3.	_____
	_____			_____
4.	_____	→	4.	_____
	_____			_____
5.	_____	→	5.	_____
	_____			_____

WHAT HELPS ME COOL DOWN

WHO CAN HELP ME
