



Trigger	
Warning Signs (i.e. heart palpitations, clenched jaw)	
My Reaction/Response (what I did)	
Consequence(s)	
Is there anything you could have done differently? What coping/anger management skills may have helped?	


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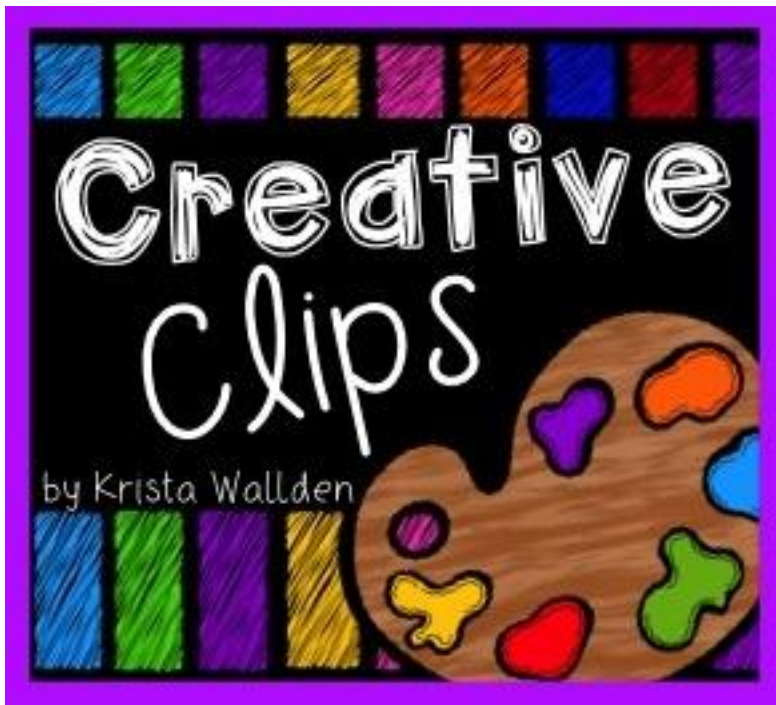
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Credits



[Paula Kim Studio](#)

-Thank you for the hearts!



[Creative Clips by Krista Wallden](#)

-Thank you for the flower!