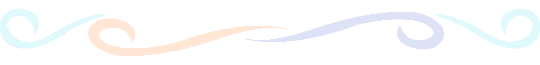
**My Unhappiness Trigger**



What is the biggest trigger that makes you unhappy?

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Why does this make you unhappy?

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When facing this trigger, what can you do instead of getting upset or becoming unhappy?

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When you cannot avoid this trigger, what can you do to minimize the impact it has on you?

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If stress is a contributing factor in the trigger, how can you reduce your stress level?

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When triggered, what can you tell yourself to get through the moment?

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Friends and family that can help talk you through things:

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How will you reward yourself when this trigger no longer affects you?

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Additional thoughts

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