

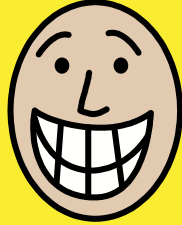
My Zones Triggers



I feel angry when...

A large, empty rectangular box with a thin blue border, intended for writing the triggers for the angry zone.

My Zones Triggers



I feel excited when...

A large, empty rectangular box with a blue border, intended for writing down triggers for the emotion of excitement.

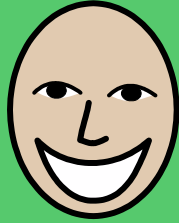
My Zones Triggers



I feel worried when...

A large, empty rectangular box with a blue border, intended for writing the triggers that cause the person to feel worried.

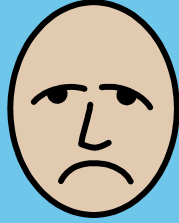
My Zones Triggers



I feel happy when...

A large, empty rectangular box with a blue border, intended for writing the triggers that cause the person to feel happy.

My Zones Triggers



I feel

sad

when...

A large, empty rectangular box with a thin blue border, intended for writing the triggers that cause the person to feel sad.