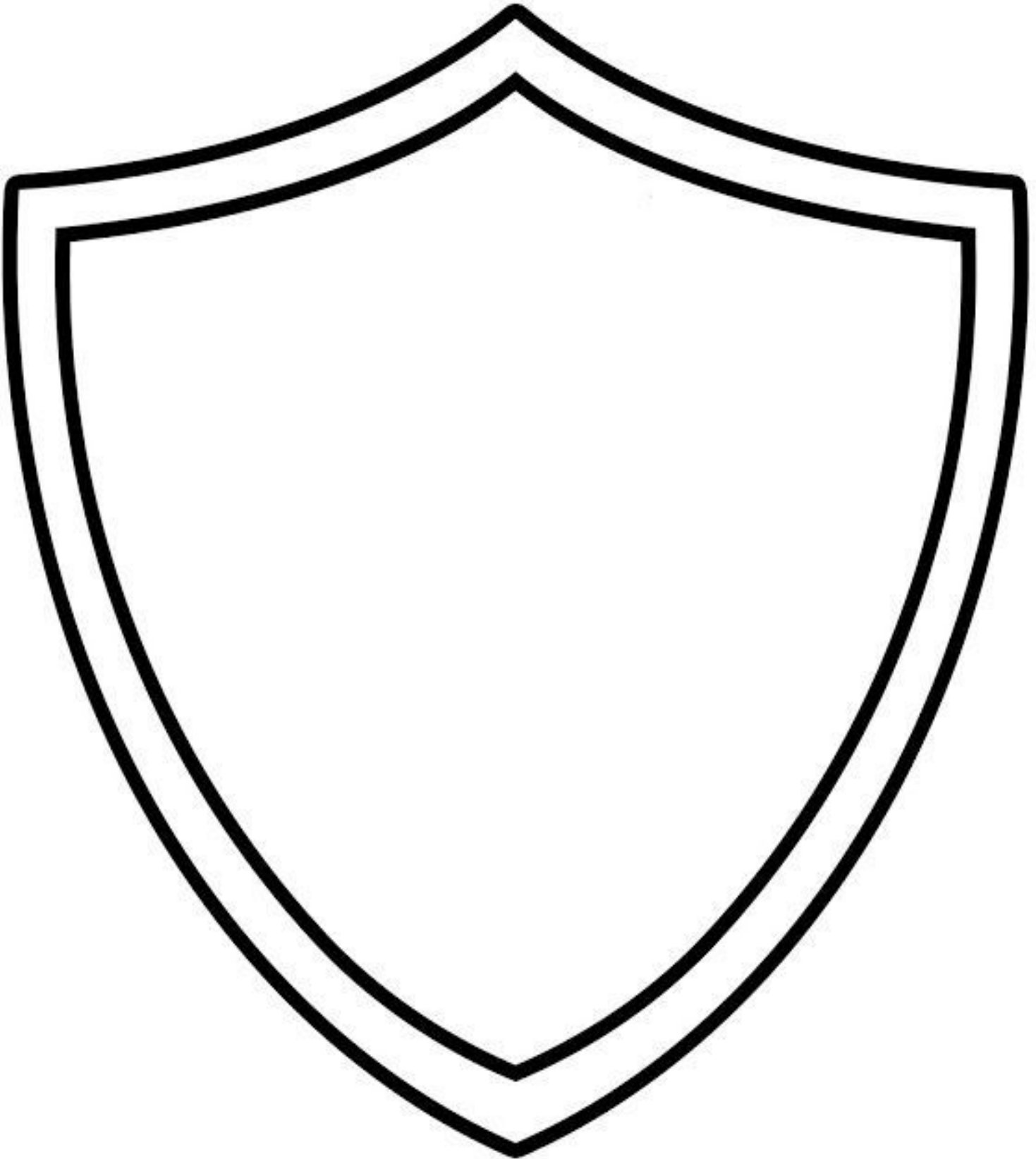


# MY TRIGGER SHIELD

My shield contains pictures and/or words of things that I can think about when someone or something “triggers” a change in my feelings.



**NAME:** \_\_\_\_\_