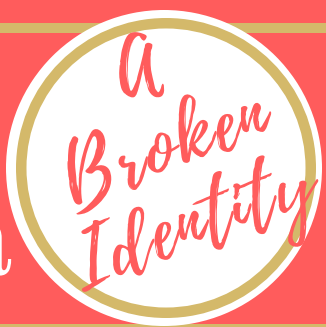


Recognizing the Triggers within a



Event What happened?	Self-Talk What did I say to myself in the moment's following the event?	Response How did I respond physiologically, emotionally, & behaviorally to the event?
		Physiological:
		Emotional:
		Behavioral: