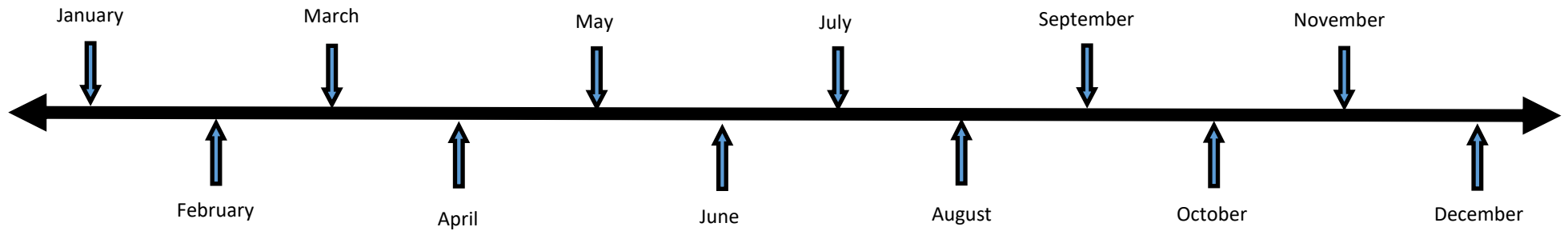


Retriggering Timeline Exercise



Mark events that trigger your emotions on the appropriate month.
Note with a number between 1-10 to assign intensity.

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