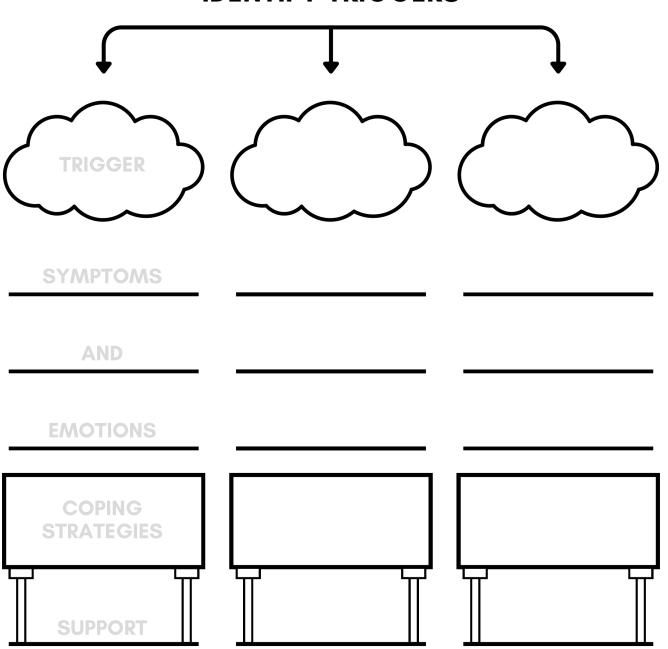


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IDENTIFY TRIGGERS



Remember your responses to help you detect any early signs of anxiety triggers