

How did "the problem" develop?

What made me vulnerable in the first place?

Triggers for the most recent episode

"The problem"

being | | wouldn't have missed the bus." | | late; she needs to get to work on

ied, | | Resentful, helpless, controlled | | Frustrated, anxious, wo

behavior | behavior | | Jason yells at her and calls her a | | Jas

It takes the city bus to school. | | name. | | Other people are re

I Believe | I Believe | I Believe | | I am responsible for figuring out | | things go wrong.

solutions to my own problems. I don't | | I have the right to yell and call | | have the righ

to yell and call names... | | names when someone doesn't do... | | when I don't get what I want

other words... | what I want | | people's needs are important

