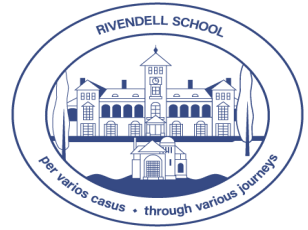


Name:

Date:



Self-Regulation Plan

Possible Triggers

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Features – What does this look and feel like?

What can I do?