
trigger rating action

saturday

sunday

trigger rating action

You are the expert on your own experiences.

trigger rating action

friday

**MISOPHONIA
TRIGGER
JOURNAL**



week of

property of

Don't suffer in silence.

trigger rating action

thursday

monday

trigger rating action

It's OK to ask for what you need.

It's OK to leave if you need.

trigger rating action

wednesday

tuesday

trigger rating action

It's OK to protect your serenity.

