

Timeline

When was the last time you felt really good, physically and spiritually?

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When was the last time you felt really bad? And what happened before that?

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Examples of triggers are:

- Hormonal changes - such as pregnancy, breastfeeding, menopause, puberty.
- Medication - antidepressants, antibiotics, cortisone, vaccinations, birth control pills, hormonal IUDs.
- Physical stress - infections, surgery, dental work, sleep disturbances, accidents.
- Emotional stress - trauma, pressure, divorce, loss, conflict.
- Nutrition - sugar, caffeine, alcohol, intolerances

So if for example smoking, sweets or certain traumas are your triggers then make sure you write them down here.

Your possible triggers:

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