TRAP-TRAC Model Worksheet
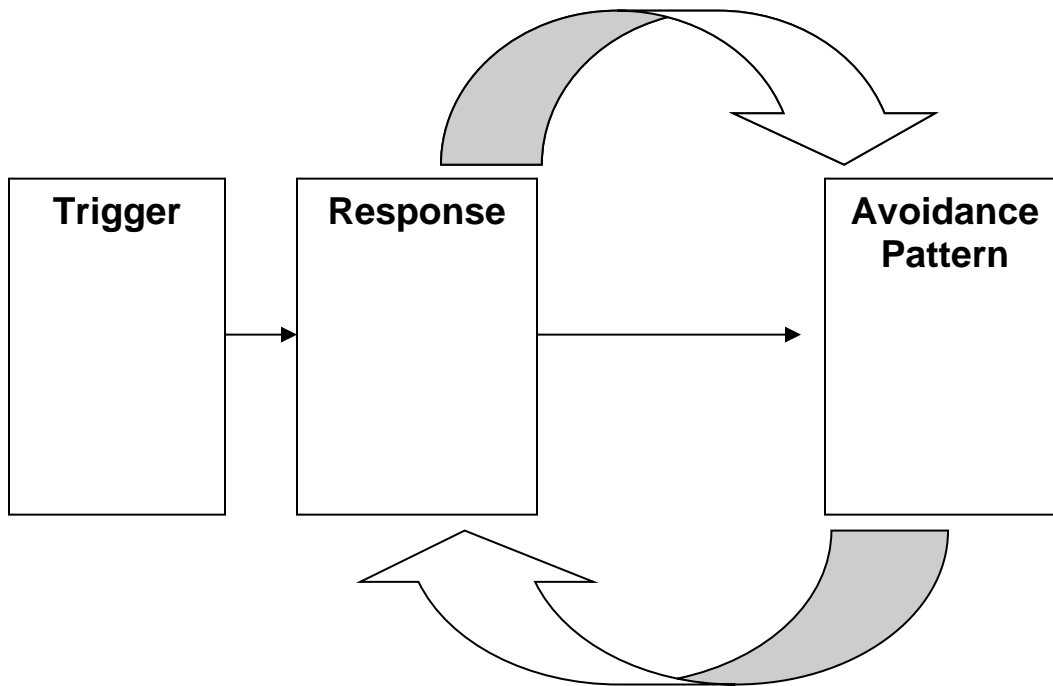
Get out of the TRAP

Trigger	Response	Avoidance Pattern

And back on TRAC

Trigger	Response	Alternative Coping