ptsd

shame	alcohol	depression	marijuana	guilt
boundaries	recovery	hope	anger	joy
opiods	stress	Safe Space	anxiety	feeling emotions
fentanyl	mindfulness	flashbacks	fear	heroin
drugs	ask for help	hypervigilance	trouble concentrating	cocaine

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ptsd

stress	anger	marijuana	boundaries	hope
depression	trouble concentrating	guilt	ask for help	joy
fentanyl	anxiety	Safe Space	feeling emotions	alcohol
fear	hypervigilance	shame	cocaine	mindfulness
flashbacks	heroin	opiods	recovery	drugs

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ptsd

ask for help	hypervigilance	anger	heroin	anxiety
shame	fentanyl	flashbacks	recovery	guilt
opiods	cocaine	Safe Space	mindfulness	fear
stress	joy	marijuana	trouble concentrating	depression
feeling emotions	alcohol	hope	boundaries	drugs

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