

When I feel disrespected by others	When I am let down by others
When people don't listen to my opinions	When I feel tired
When I have no money	When I don't get what I want

When I have no mobile phone	Disloyal friends
When I feel I am treated unfairly	Public transport
When I am insulted by others	When I feel I'm losing control

When people threaten me	When I'm hormonal
When I'm hungry	When I feel patronised
Hurtful comments on social media	Seeing other people being treated badly