

B	I	N	G	O
Social isolation	Addictions	Feeling hopeless	School absences	Low self-esteem
Environmental factors	Sleeping patterns	Physical pain/ Illness	Biochemistry	Sadness
Sensitivity to rejection/ failure	Thinking patterns	FREE	Cognitive behavioral therapy	Increased irritability
Lack of interest in activities	Self-injury	Loss of energy	Happiness set point	Medications
Genetics / hormones	Crying	Poor concentration	Treatment	Expectations

B	I	N	G	O
Thinking patterns	Biochemistry	School absences	Environmental factors	Physical pain/ illness
Feeling hopeless	Treatment	Low self-esteem	Crying	Sadness
Lack of interest in activities	Cognitive behavioral therapy	FREE	Increased irritability	Addictions
Happiness set point	Poor concentration	Social isolation	Expectations	Self-injury
Loss of energy	Medications	Sensitivity to rejection/ failure	Sleeping patterns	Genetics / hormones

B	I	N	G	O
Crying	Poor concentration	Biochemistry	Medications	Cognitive behavioral therapy
Social isolation	Lack of interest in activities	Loss of energy	Sleeping patterns	Low self-esteem
Sensitivity to rejection/failure	Expectations	FREE	Self-injury	Happiness set point
Thinking patterns	Sadness	School absences	Treatment	Feeling hopeless
Increased irritability	Addictions	Physical pain/illness	Environmental factors	Genetics / hormones