

B	I	N	G	O
victim of a crime	avoidance	exercise	panic attacks	lack of control
demands	talk to a friend	loss of a job	conflict	money
short temper	workload	FREE	counseling	food deficiency
illness	pray	impulsivity	fear of change	lack of sleep
fatigue	criticism	message	worry	depression

B	I	N	G	O
workload	conflict	panic attacks	demands	loss of a job
exercise	worry	lack of control	criticism	money
illness	counseling	FREE	food deficiency	avoidance
fear of change	message	victim of a crime	depression	pray
impulsivity	lack of sleep	short temper	talk to a friend	fatigue

B	I	N	G	O
criticism	message	conflict	lack of sleep	counseling
victim of a crime	illness	impulsivity	talk to a friend	lack of control
short temper	depression	FREE	pray	fear of change
workload	money	panic attacks	worry	exercise
food deficiency	avoidance	loss of a job	demands	fatigue