

B	I	N	G	O
Uncomfortable	Anger	Disgusted	Overwhelmed	Frustration
Confused	Tired	Jealous	Annoyed	Offended
Stress	Unsure	FREE	Anxious	Emotional pain/trauma
Feeling hopeless	Scared	Feeling worthless	Embarrassed	Guilty
Distracted	Awkward	Loneliness	Worried	Discouraged

B	I	N	G	O
Unsure	Annoyed	Overwhelmed	Confused	Jealous
Disgusted	Worried	Frustration	Awkward	Offended
Feeling hopeless	Anxious	FREE	Emotional pain/trauma	Anger
Embarrassed	Loneliness	Uncomfortable	Discouraged	Scared
Feeling worthless	Guilty	Stress	Tired	Distracted

B	I	N	G	O
Awkward	Loneliness	Annoyed	Guilty	Anxious
Uncomfortable	Feeling hopeless	Feeling worthless	Tired	Frustration
Stress	Discouraged	FREE	Scared	Embarrassed
Unsure	Offended	Overwhelmed	Worried	Disgusted
Emotional pain/trauma	Anger	Jealous	Confused	Distracted