

B	I	N	G	O
Stressed	Aggravated	Depressed	Powerless	Guilty
Confused	Spiteful	Indignant	Apprehensive	Lonely
Satisfied	Bitter	FREE	Hurt	Dread
Enraged	Relaxed	Envious	Irritated	Sad
Distracted	Disappointed	Hopeless	Calm	Compassion

B	I	N	G	O
Hurt	Guilty	Bitter	Satisfied	Calm
Powerless	Dread	Enraged	Spiteful	Apprehensive
Unsure	Hopeless	FREE	Confused	Depressed
Irritated	Lonely	Indignant	Relaxed	Compassion
Aggravated	Stressed	Worried	Content	Disappointed

B	I	N	G	O
Hurt	Confused	Irritated	Content	Apprehensive
Aggravated	Worried	Unsure	Compassion	Spiteful
Content	Relaxed	FREE	Envious	Lonely
Hopeless	Enraged	Dread	Bitter	Sad
Calm	Satisfied	Guilty	Depressed	Indignant