

B	I	N	G	O
Substance use disorder	"Have you tried meditation?"	"Have you tried exercise?"	Cold sweats	Making sure curtains are closed
Generational trauma	Anxiety/Panic Disorder	Religious trauma	Impulse control	BPD
"Have you tried yoga?"	Looking over your shoulder constantly	FREE	Prozac	Suicidal ideation/attempts
"When are you going to forgive them?"	Hypervigilance	Fantasizing about harming abuser(s)	Fawn response	Nightmares
Freeze response	Interest in spiritual practices	Prazosin	People-pleasing	Keys intertwined in fingers

B	I	N	G	O
Eating disorder	Prozac	Fantasizing about starting over	Depression	Going to individual therapy more than once per month
Fawn response	DID	"When are you going to forgive them?"	"You're stronger because of your trauma"	Hydroxyzine
Going to group therapy	Gaslighting survivor	FREE	"It's not that bad"	Memory loss
Fantasizing about harming abuser(s)	Religious trauma	"Have you tried yoga?"	Suicidal ideation/attempts	Random triggers that result in flashbacks
"Have you tried meditation?"	Hypervigilance	Making sure curtains are closed	"Just focus on the positives!"	Fight response

B	I	N	G	O
Going to group therapy	BPD	Complex PTSD	Prozac	Increased interest in self-enjoyment
Surviving a relationship with a narcissist	Memory loss	Looking over your shoulder constantly	Increased empathy/sympathy	Not being believed
"When are you going to forgive them?"	Anger outbursts	FREE	Keys intertwined in fingers	Heart racing
"Have you tried meditation?"	Fantasizing about harming abuser(s)	"Have you tried exercise?"	Gaslighting survivor	Anxiety/Panic Disorder
Hydroxyzine	Sounds of things falling	"You survived isn't that all that matters?"	Trust issues	Survivor vs victim