

B	I	N	G	O
Using friends	54321	Frontal Lobe	Serotonin	Protein
Don't judge	Trap vs TRAC	Resiliency	Action stage	Schemas
Sugar	people places things	FREE	Alcohol	Muscle tension
NA	Stage 2	PAWS	Hero	Rapid Eye Movement
HALT	Dharma	SMART	video games	Dopamine

B	I	N	G	O
people places things	Action stage	Serotonin	Don't judge	Resiliency
Frontal Lobe	video games	Protein	Dharma	Schemas
NA	Alcohol	FREE	Muscle tension	54321
Hero	SMART	Using friends	Dopamine	Stage 2
PAWS	Rapid Eye Movement	Sugar	Trap vs TRAC	HALT

B	I	N	G	O
Dharma	SMART	Action stage	Rapid Eye Movement	Alcohol
Using friends	NA	PAWS	Trap vs TRAC	Protein
Sugar	Dopamine	FREE	Stage 2	Hero
people places things	Schemas	Serotonin	video games	Frontal Lobe
Muscle tension	54321	Resiliency	Don't judge	HALT