

B	I	N	G	O
stalking	avoidance	Sense of SELF	emotions	safety
neglect	depression	shelter	physical safety	code words
relaxations	self respect	SAFE SPACE	triggers	coping skills
group therapy	harassment	safety planning	loss	psychological safety
flight- fight- freeze	flashbacks	overwhelmed	court order	physical abuse

B	I	N	G	O
neglect	loss	code words	sexual abuse	counseling
safety	group therapy	coping skills	harassment	shelter
triggers	avoidance	SAFE SPACE	physical safety	overwhelmed
physical abuse	identity	digital abuse	emotions	preparing for change
relaxations	sanctuary	court order	psychological safety	depression

B	I	N	G	O
psychological safety	overwhelmed	physical abuse	avoidance	group therapy
Sense of SELF	loss	depression	stalking	counseling
violence	verbal abuse	SAFE SPACE	digital abuse	code words
safety	physical safety	emotional abuse	triggers	neglect
court order	relaxations	harassment	emotions	coping skills