

B	I	N	G	O
Stress	Aggression	Become physical	Lose sense of reality	Frustrated
Awareness	Shame	Guilt	Anger	Lonely
Pain	Threatened	FREE SPACE!	Anxiety	Embarrassed
Emotionally Unstable	Overwhelmed	Feelings	Contempt	Go Ape
Blank out	Attitude	Jealous	Triggers	Become Cold/Distant

B	I	N	G	O
Threatened	Anger	Lose sense of reality	Awareness	Guilt
Become physical	Triggers	Frustrated	Attitude	Lonely
Emotionally Unstable	Anxiety	FREE SPACE!	Embarrassed	Aggression
Contempt	Jealous	Stress	Become Cold/Distant	Overwhelmed
Feelings	Go Ape	Pain	Shame	Blank out

B	I	N	G	O
Attitude	Jealous	Anger	Go Ape	Anxiety
Stress	Emotionally Unstable	Feelings	Shame	Frustrated
Pain	Become Cold/Distant	FREE SPACE!	Overwhelmed	Contempt
Threatened	Lonely	Lose sense of reality	Triggers	Become physical
Embarrassed	Aggression	Guilt	Awareness	Blank out