

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

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

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