

B	I	N	G	O
self respect	avoidance	flashbacks	relaxations	physical abuse
domestic violence	sanctuary	preparing for change	being at peace with yourself	safety language
sexual abuse	coping skills	FREE	identity	loss
safety	neglect	psychological safety	future	physical safety
depression	responses to stress- flight- fight- freeze	emotions	stress/trauma effects sense of SELF	feeling overwhelmed

B	I	N	G	O
sexual abuse	stress/trauma effects sense of SELF	being at peace with yourself	neglect	domestic violence
relaxations	loss	flashbacks	physical safety	coping skills
identity	avoidance	FREE	future	psychological safety
feeling overwhelmed	self respect	emotions	safety	depression
physical abuse	hyperarousal	safety language	preparing for change	sanctuary

B	I	N	G	O
safety	future	sexual abuse	feeling overwhelmed	relaxations
responses to stress- flight- fight- freeze	safety language	stress/trauma effects sense of SELF	neglect	coping skills
psychological safety	being at peace with yourself	FREE	identity	flashbacks
hyperarousal	physical abuse	depression	avoidance	self respect
sanctuary	preparing for change	loss	physical safety	emotions