

B	I	N	G	O
self respect	abuse	feeling overwhelmed	psychological safety	loss
depression	sanctuary	physical abuse	avoidance	preparing for change
safety	sexual abuse	FREE	being at peace	future
hyperarousal	relaxation	identity	forgiveness	neglect
flashbacks	coping skills	physical safety	trauma	emotions

B	I	N	G	O
sexual abuse	avoidance	psychological safety	depression	physical abuse
feeling overwhelmed	trauma	loss	coping skills	preparing for change
hyperarousal	being at peace	FREE	future	abuse
forgiveness	physical safety	self respect	emotions	relaxation
identity	neglect	safety	sanctuary	flashbacks

B	I	N	G	O
coping skills	physical safety	avoidance	neglect	being at peace
self respect	hyperarousal	identity	sanctuary	loss
safety	emotions	FREE	relaxation	forgiveness
sexual abuse	preparing for change	psychological safety	trauma	feeling overwhelmed
future	abuse	physical abuse	depression	flashbacks