

B	I	N	G	O
Vulnerability	Anger	Abandonment	Failure	Rejection
Jealousy	Crying	Terror	Nervousness	Stubbornness
Betrayal	Heartache	FREE	Confusion	Humiliation
Shame	Insecurity	Pride	Shock	Grief
Fear	Longing	Blaming	Lost	Anxiety

B	I	N	G	O
Stubbornness	Blaming	Sadness	Heartache	Betrayal
Humiliation	Terror	Anger	Vulnerability	Nervousness
Rejection	Longing	FREE	Anxiety	Lost
Crying	Failure	Panic	Worry	Shame
Confusion	Pride	Abandonment	Jealousy	Unworthy

B	I	N	G	O
Blaming	Worthless	Worry	Crying	Anxiety
Sadness	Nervousness	Disgust	Anger	Vulnerability
Jealousy	Confusion	FREE	Rejection	Humiliation
Failure	Lost	Heartache	Fear	Pride
Unworthy	Depression	Shame	Insecurity	Abandonment