

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

B	I	N	G	O
Worry	Shame	Rejection	Panic	Shock
Blaming	Confusion	Pride	Lost	Crying
Nervousness	Anger	FREE	Heartache	Abandonment
Longing	Vulnerability	Worthless	Depression	Anxiety
Sadness	Disgust	Humiliation	Failure	Grief

B	I	N	G	O
Nervousness	Crying	Rejection	Pride	Disgust
Anger	Worthless	Failure	Worry	Unworthy
Depression	Shock	FREE	Jealousy	Sadness
Abandonment	Confusion	Lost	Humiliation	Hatred
Vulnerability	Anxiety	Stubbornness	Blaming	Terror