

|                            |                                        |                                       |                                  |                    |
|----------------------------|----------------------------------------|---------------------------------------|----------------------------------|--------------------|
| <b>B</b>                   | <b>I</b>                               | <b>N</b>                              | <b>G</b>                         | <b>O</b>           |
| Stress from<br>work/school | Being<br>Disrespected                  | Feel<br>Lonely                        | Not<br>feeling<br>good<br>enough | Hungry             |
| Being<br>scared            | Reminded<br>of past<br>mistakes        | Losing a<br>loved<br>one              | Being<br>bullied                 | Music              |
| Physical<br>Pain           | Teacher/Supervisor<br>getting onto you | <b>FREE</b>                           | Being<br>ignored                 | Feeling<br>Ignored |
| Feeling<br>left out        | People<br>laughing<br>at you           | Feeling<br>like a<br>failure          | Feeling<br>Bored                 | Losing a<br>game   |
| Feel<br>unappreciated      | Being in<br>a large<br>crowd           | Loud<br>noises or<br>sudden<br>noises | Unfair<br>treatment              | Being<br>told no   |

|                                        |                                       |                                  |                                 |                              |
|----------------------------------------|---------------------------------------|----------------------------------|---------------------------------|------------------------------|
| <b>B</b>                               | <b>I</b>                              | <b>N</b>                         | <b>G</b>                        | <b>O</b>                     |
| Teacher/Supervisor<br>getting onto you | Being<br>bullied                      | Not<br>feeling<br>good<br>enough | Being<br>scared                 | Losing a<br>loved<br>one     |
| Feel<br>Lonely                         | Unfair<br>treatment                   | Hungry                           | Being in<br>a large<br>crowd    | Music                        |
| Feeling<br>left out                    | Being<br>ignored                      | <b>FREE</b>                      | Feeling<br>Ignored              | Being<br>Disrespected        |
| Feeling<br>Bored                       | Loud<br>noises or<br>sudden<br>noises | Stress from<br>work/school       | Being<br>told no                | People<br>laughing<br>at you |
| Feeling<br>like a<br>failure           | Losing a<br>game                      | Physical<br>Pain                 | Reminded<br>of past<br>mistakes | Feel<br>unappreciated        |

|                                     |                              |                         |                           |                    |
|-------------------------------------|------------------------------|-------------------------|---------------------------|--------------------|
| <b>B</b>                            | <b>I</b>                     | <b>N</b>                | <b>G</b>                  | <b>O</b>           |
| Being in a large crowd              | Loud noises or sudden noises | Being bullied           | Losing a game             | Being ignored      |
| Stress from work/school             | Feeling left out             | Feeling like a failure  | Reminded of past mistakes | Hungry             |
| Physical Pain                       | Being told no                | <b>FREE</b>             | People laughing at you    | Feeling Bored      |
| Teacher/Supervisor getting onto you | Music                        | Not feeling good enough | Unfair treatment          | Feel Lonely        |
| Feeling Ignored                     | Being Disrespected           | Losing a loved one      | Being scared              | Feel unappreciated |