

| <b>B</b>        | <b>I</b>           | <b>N</b>            | <b>G</b>                 | <b>O</b>     |
|-----------------|--------------------|---------------------|--------------------------|--------------|
| Shame           | Abandonment        | Compulsions         | Minimization             | Hopelessness |
| Anxiety         | Self-harm          | Impulsivity         | Addiction                | Isolation    |
| Not Belonging   | Suicidal Ideation  | <b>FREE</b>         | Agoraphobia              | Dissociation |
| Eating Disorder | Misunderstanding   | Emotional Outbursts | Difficulty Concentrating | Idealization |
| Depression      | Altered Perception | Intrusive Thoughts  | Unworthiness             | Avoidance    |

| <b>B</b>                    | <b>I</b>              | <b>N</b>         | <b>G</b>              | <b>O</b>         |
|-----------------------------|-----------------------|------------------|-----------------------|------------------|
| Suicidal<br>Ideation        | Addiction             | Minimization     | Anxiety               | Impulsivity      |
| Compulsions                 | Unworthiness          | Hopelessness     | Altered<br>Perception | Isolation        |
| Eating<br>Disorder          | Agoraphobia           | <b>FREE</b>      | Dissociation          | Abandonment      |
| Difficulty<br>Concentrating | Intrusive<br>Thoughts | Shame            | Avoidance             | Misunderstanding |
| Emotional<br>Outbursts      | Idealization          | Not<br>Belonging | Self-harm             | Depression       |

| <b>B</b>           | <b>I</b>           | <b>N</b>            | <b>G</b>         | <b>O</b>                 |
|--------------------|--------------------|---------------------|------------------|--------------------------|
| Altered Perception | Intrusive Thoughts | Addiction           | Idealization     | Agoraphobia              |
| Shame              | Eating Disorder    | Emotional Outbursts | Self-harm        | Hopelessness             |
| Not Belonging      | Avoidance          | <b>FREE</b>         | Misunderstanding | Difficulty Concentrating |
| Suicidal Ideation  | Isolation          | Minimization        | Unworthiness     | Compulsions              |
| Dissociation       | Abandonment        | Impulsivity         | Anxiety          | Depression               |