B	I	N	G	O
Shame	Abandonment	Depression	Minimization	Imposing or Not Belonging
Avoidance	Self-harm	Insomnia	Addiction	Isolation
Rumination	Suicidal Ideation	**FREE**	Altered Perception	Emotional Dysregulation
Hypervigilance	Panic	Idealization	Dissociation	Impulsivity
Difficulty Concentrating	Anxiety	Intrusive Thoughts	Unworthiness	Compulsions

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B	I	N	G	O
Suicidal Ideation	Addiction	Minimization	Avoidance	Insomnia
Depression	Unworthiness	Imposing or Not Belonging	Anxiety	Isolation
Hypervigilance	Altered Perception	**FREE**	Emotional Dysregulation	Abandonment
Dissociation	Intrusive Thoughts	Shame	Compulsions	Panic
Idealization	Impulsivity	Rumination	Self-harm	Difficulty Concentrating

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B	I	N	G	O
Anxiety	Intrusive Thoughts	Addiction	Impulsivity	Altered Perception
Shame	Hypervigilance	Idealization	Self-harm	Imposing or Not Belonging
Rumination	Compulsions	**FREE**	Panic	Dissociation
Suicidal Ideation	Isolation	Minimization	Unworthiness	Depression
Emotional Dysregulation	Abandonment	Insomnia	Avoidance	Difficulty Concentrating

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