

BINGO FOR SURVIVORS <3

shelter	SURVIVOR	Narcissism	emotional abuse	relaxations
identity	cycle of violence	sexual abuse	physical abuse	Sense of SELF
psychological safety	sanctuary	HOPE & HEALING	stalking	avoidance
flight- fight- freeze	future	safety	harassment	preparing for change
feeling overwhelmed	emotions	loss	counseling	neglect

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identity	harassment	Sense of SELF	self respect	coping skills
relaxations	flight- fight- freeze	avoidance	future	sexual abuse
stalking	SURVIVOR	HOPE & HEALING	physical abuse	loss
neglect	group therapy	depression	emotional abuse	physical safety
psychological safety	safety planning	counseling	preparing for change	cycle of violence

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preparing for change	loss	neglect	SURVIVOR	flight- fight- freeze
Narcissism	harassment	cycle of violence	shelter	coping skills
verbal abuse	triggers	HOPE & HEALING	depression	Sense of SELF
relaxations	physical abuse	domestic violence	stalking	identity
counseling	psychological safety	future	emotional abuse	avoidance