

SURVIVORS BINGO!!!

shelter	avoidance	Sense of SELF	emotional abuse	relaxations
identity	cycle of violence	sexual abuse	physical abuse	code words
psychological safety	sanctuary	HOPE & HEALING	stalking	coping skills
flight- fight- freeze	future	safety	harassment	preparing for change
feeling overwhelmed	emotions	loss	court order	neglect

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

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