

B	I	N	G	O
self acceptance	Character	feeling overwhelmed	preparing for change	myself
doubt	responses to stress- flight-	physical abuse	NO	respect
self respect	being at peace with yourself	FREE	peer pressure	hyperarousal
depression	identity	psychological safety	loss	physical safety
relaxations	future	flashbacks	neglect	coping skills

B	I	N	G	O
peer pressure	myself	being at peace with yourself	respect	coping skills
psychological safety	hyperarousal	identity	responses to stress- flight-	NO
self respect	preparing for change	FREE	neglect	doubt
feeling overwhelmed	physical abuse	relaxations	depression	physical safety
Character	self acceptance	stress/trauma effe	emotions	flashbacks

B	I	N	G	O
peer pressure	doubt	physical safety	emotions	NO
Character	stress/trauma effe	feeling overwhelmed	self respect	depression
responses to stress- flight-	relaxations	FREE	loss	preparing for change
coping skills	neglect	identity	hyperarousal	being at peace with yourself
respect	myself	flashbacks	physical abuse	self acceptance