

B	I	N	G	O
Substance use disorder	Anger outbursts	Double-checking locks	Mood swings	Heart racing
Defensiveness	Self-injurious behaviors	Isolation	Avoidance Behaviors	Physical Aggression
Trust issues	Chronic Pain	FREE	Impulse control	Fight response
Daydreaming	Flight response	Nightmares	Freeze response	Memory loss
People-pleasing	Fawn response	Eating disorder	Hypervigilance	Cold sweats

B	I	N	G	O
Impulse control	Heart racing	Chronic Pain	Physical Aggression	Cold sweats
Nightmares	Fight response	Flight response	Self-injurious behaviors	Avoidance Behaviors
Trust issues	Mood swings	FREE	Hypervigilance	Defensiveness
Double-checking locks	Isolation	People-pleasing	Daydreaming	Memory loss
Anger outbursts	Substance use disorder	flashbacks	Difficulty Concentrating	Eating disorder

B	I	N	G	O
Impulse control	Defensiveness	Memory loss	Difficulty Concentrating	Avoidance Behaviors
Anger outbursts	flashbacks	Double-checking locks	Trust issues	Daydreaming
Self-injurious behaviors	People-pleasing	FREE	Freeze response	Mood swings
Cold sweats	Hypervigilance	Flight response	Fight response	Chronic Pain
Physical Aggression	Heart racing	Eating disorder	Isolation	Substance use disorder