

B	I	N	G	O
Throwing Objects	Anxiety	Feeling Hot	Rapid Heartbeat	Jealousy
Explore Alternatives Actions	Sweat	Memory Problems	Clenching Fists	Raised Voice
Staring	Tightness in Chest	FREE	Clenching of Teeth	Hurt
Images of Aggression	Revenge	Irritability	Hostile Talk	Learn Relaxation Techniques
Guilt	Don't Assume	Pacing	Use Positive Words	Fear

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Tightness in Chest	Clenching Fists	Rapid Heartbeat	Explore Alternatives Actions	Memory Problems
Feeling Hot	Use Positive Words	Jealousy	Don't Assume	Raised Voice
Images of Aggression	Clenching of Teeth	FREE	Hurt	Anxiety
Hostile Talk	Pacing	Throwing Objects	Fear	Revenge
Irritability	Learn Relaxation Techniques	Staring	Sweat	Guilt

B	I	N	G	O
Don't Assume	Pacing	Clenching Fists	Learn Relaxation Techniques	Clenching of Teeth
Throwing Objects	Images of Aggression	Irritability	Sweat	Jealousy
Staring	Fear	FREE	Revenge	Hostile Talk
Tightness in Chest	Raised Voice	Rapid Heartbeat	Use Positive Words	Feeling Hot
Hurt	Anxiety	Memory Problems	Explore Alternatives Actions	Guilt