

B	I	N	G	O
Questions	Acceptance	Guilty	My grief feelings are like these disasters. I can learn to accept nothing will ever be the same.	My grief feelings are like a flood. A combination of feelings; that can come and go at any time without warning.
Denial	My grief is like an earthquake. I feel/felt shock.	My grief feelings are like a tornado. Fearful of being unstable.	Angry	My grief feelings are like an earthquake. Sometimes I have to shake them out.
My grief feelings are like when there is fire. I feel guilty wondering if it was my fault;or something I could have done.	Sad	FREE	Anxious	Like at the end of these disasters.. I can have hope.
My grief feelings are like a flood;overflowing with tears.	My grief feelings are like what happens in any of these disasters. I can't believe it's happening.	My grief feelings are like a fire. I can get heated up feeling mad angry.	Like all these disasters my feelings are natural and normal.	My grief feelings are like a torando. Changes make me feel uncomfortable.
Hope	Confused	My grief feelings are like a tornado; confused and spinning.	Shock	Fearful

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Guilty	Shock	My grief feelings are like a flood. A combination of feelings; that can come and go at any time without warning.	Confused	My grief feelings are like an earthquake. Sometimes I have to shake them out.
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