

B	I	N	G	O
STRESS	ANXIETY	DRUGS & ALCOHOL	SELF-CARE	MEDITATION
DECISIONS	STARTLED	NUMB	AVOID	PTSD
SLEEP	SUICIDE	FREE	BAD MEMORIES	FRIENDS
GUARD DOG	SIGHTS	HEART BEATING	FEELINGS	NIGHTMARES
FEAR	COPING SKILLS	PLACES	SWEATING	DEPRESSION

B	I	N	G	O
SUICIDE	AVOID	SELF-CARE	DECISIONS	NUMB
DRUGS & ALCOHOL	SWEATING	MEDITATION	COPING SKILLS	PTSD
GUARD DOG	BAD MEMORIES	FREE	FRIENDS	ANXIETY
FEELINGS	PLACES	STRES S	DEPRESSION	SIGHTS
HEART BEATING	NIGHTMARES	SLEEP	STARTLED	FEAR

B	I	N	G	O
COPING SKILLS	PLACES	AVOID	NIGHTMARES	BAD MEMORIES
STRES S	GUARD DOG	HEART BEATING	STARTLED	MEDITATION
SLEEP	DEPRESSION	FREE	SIGHTS	FEELINGS
SUICIDE	PTSD	SELF-CARE	SWEATING	DRUGS & ALCOHOL
FRIENDS	ANXIETY	NUMB	DECISIONS	FEAR