

B	I	N	G	O
Trusted my inner experience	Accepted that my feelings mattered	Felt good about myself	Shared my feelings with someone	Reached out for support
Didn't compare myself to others	Took a deep breath	Remembered I don't owe anyone an explanation	Allowed myself to feel how I feel	Set a boundary around my identity
Took a break	Wondered about my gender	FREE	Chose comfort over expectations	Laughed with friends
Learned a new word or concept	Someone used my correct pronouns	Let myself exist as I am	Gave myself some kindness	Recognized that being "not sure" still counts
Felt seen	Complimented myself	Reminded myself I'm NOT broken	Wore something affirming	Felt curious rather than pressured

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Felt good about myself	Wore something affirming	Reached out for support	Complimented myself	Set a boundary around my identity
Learned a new word or concept	Chose comfort over expectations	FREE	Laughed with friends	Accepted that my feelings mattered
Gave myself some kindness	Reminded myself I'm NOT broken	Trusted my inner experience	Felt curious rather than pressured	Someone used my correct pronouns
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Took a break	Felt curious rather than pressured	FREE	Someone used my correct pronouns	Gave myself some kindness
Wondered about my gender	Set a boundary around my identity	Shared my feelings with someone	Wore something affirming	Felt good about myself
Laughed with friends	Accepted that my feelings mattered	Remembered I don't owe anyone an explanation	Didn't compare myself to others	Felt seen