

B	I	N	G	O
Weekend nights	Anger	Boredom	Seeing people using	Financial stress
Being alone at night	Stress at home	Payday spending urge	Anxiety	Sadness
Social media comparison	"I already messed up anyway"	FREE	Arguments	Family conflict
Bars	Feeling left out	Shame	Feeling overwhelmed	Sleep deprivation
Certain friends who use	Overwhelm	Breakup	Bad day at work/school	Peer pressure

B	I	N	G	O
"I already messed up anyway"	Shame	Sadness	Peer pressure	Sleep deprivation
Arguments	Bars	Financial stress	Being alone at night	Overwhelm
Anxiety	Conflict with partner	FREE	Anger	Feeling overwhelmed
Weekend nights	Bad day at work/school	"Just once won't hurt"	Seeing people using	Payday spending urge
Boredom	Family conflict	Feeling left out	Certain friends who use	Stress at home

B	I	N	G	O
Being alone at night	Sleep deprivation	Feeling left out	Seeing people using	Anger
"I already messed up anyway"	Sadness	Boredom	Bars	Overwhelm
Family conflict	Conflict with partner	FREE	Arguments	Anxiety
Bad day at work/school	Social media comparison	Financial stress	Breakup	Peer pressure
Stress at home	Weekend nights	Feeling overwhelmed	Certain friends who use	Being ignored