

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

B	I	N	G	O
Parties	Financial stress	Arguments	Social media comparison	Bad day at work/school
Seeing people using	Family conflict	Feeling left out	Stress at home	Anxiety
"I already messed up anyway"	Overwhelm	FREE	Being alone at night	Breakup
Peer pressure	Sadness	Payday	Shame	Bars
Breakup	Weekend nights	"Just once won't hurt"	Boredom	Certain friends who use

B	I	N	G	O
Parties	Being alone at night	Peer pressure	Boredom	Anxiety
Breakup	"Just once won't hurt"	"I already messed up anyway"	Bars	Stress at home
Being ignored	Shame	FREE	Feeling overwhelmed	Sadness
Overwhelm	Feeling left out	Family conflict	Arguments	Sleep deprivation
Bad day at work/school	Social media comparison	Financial stress	Breakup	Payday