B	I	N	G	O
Sleep deprivation	"Just once won't hurt"	Feeling behind in life	Shame	Feeling left out
Bars	Family conflict	Conflict with partner	Peer pressure	Seeing people using
Anxiety	Being Overwhelmed	Feeling overwhelmed	"I already messed up anyway"	Payday
Boredom	Sadness	Being alone at night	Having a bad day	Breakup
Being ignored	Certain friends who use	Parties	Weekend nights	Stress at home

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B	I	N	G	O
Arguments	Breakups	Feeling overwhelmed	"I already messed up anyway"	Feeling left out
Boredom	Certain friends who use	Feeling behind in life	Weekend nights	Payday
Bars	"Just once won't hurt"	Being alone at night	Having a bad day	Seeing people using
Sleep deprivation	Family conflict	Conflict with partner	Peer pressure	Stress at home
Anxiety	Being Overwhelmed	Parties	Shame	Breakup

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