B	I	N	G	O
Tingling	Difficulty Breathing	Fear of the worst happening	Numbness	Hands Trembling
Fear of Dying	Sweating	Inability to Relax	Difficulty Concentrating	Nervousness
Shaky	Unsteadiness	I FEEL FREE!	Dizziness or lightheaded	Feeling Restless
Feeling Terrified	Scared	Feelings of Choking	Feeling Hot	Heart pounding or racing
Feeling Faint	Face Flushed	Indigestion or Discomfort in abdomen	Wobbliness in legs	Fear of Losing Control

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B	I	N	G	O
Unsteadiness	Difficulty Concentrating	Numbness	Fear of Dying	Inability to Relax
Fear of the worst happening	Wobbliness in legs	Hands Trembling	Face Flushed	Nervousness
Feeling Terrified	Dizziness or lightheaded	I FEEL FREE!	Feeling Restless	Difficulty Breathing
Feeling Hot	Indigestion or Discomfort in abdomen	Tingling	Fear of Losing Control	Scared
Feelings of Choking	Heart pounding or racing	Shaky	Sweating	Feeling Faint

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B	I	N	G	O
Face Flushed	Indigestion or Discomfort in abdomen	Difficulty Concentrating	Heart pounding or racing	Dizziness or lightheaded
Tingling	Feeling Terrified	Feelings of Choking	Sweating	Hands Trembling
Shaky	Fear of Losing Control	I FEEL FREE!	Scared	Feeling Hot
Unsteadiness	Nervousness	Numbness	Wobbliness in legs	Fear of the worst happening
Feeling Restless	Difficulty Breathing	Inability to Relax	Fear of Dying	Feeling Faint

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