

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

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

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