

B	I	N	G	O
Shortness of Breath	Adrenaline	Impulsivity	Physical Activity	Mood Stabilizer
Decreased Motivation	Serotonin	OCD	Bi-polar Disorder	Phobias
Seasonal Affective Disorder	Thought Stopping	FREE	Cognitive Behavioral	Irrational Thinking
Loss of Interest	Repetitive Thoughts	Meditation	Indifference to Consequences	Negative self talk
Increased Irritability	Coping Strategy	PTSD	Wise Self	Fight or Flight

B	I	N	G	O
Thought Stopping	Bi-polar Disorder	Physical Activity	Decreased Motivation	OCD
Impulsivity	Wise Self	Mood Stabilizer	Coping Strategy	Phobias
Loss of Interest	Cognitive Behavioral	FREE	Irrational Thinking	Adrenaline
Indifference to Consequences	PTSD	Shortness of Breath	Fight or Flight	Repetitive Thoughts
Meditation	Negative self talk	Seasonal Affective Disorder	Serotonin	Increased Irritability

B	I	N	G	O
Coping Strategy	PTSD	Bi-polar Disorder	Negative self talk	Cognitive Behavioral
Shortness of Breath	Loss of Interest	Meditation	Serotonin	Mood Stabilizer
Seasonal Affective Disorder	Fight or Flight	FREE	Repetitive Thoughts	Indifference to Consequences
Thought Stopping	Phobias	Physical Activity	Wise Self	Impulsivity
Irrational Thinking	Adrenaline	OCD	Decreased Motivation	Increased Irritability