

B	I	N	G	O
SMOKING	ANXIETY	EATING LESS	NEW OR WORSENING HEALTH PROBLEMS	GETTING ILL MORE FREQUENTLY
DIFFICULTY SLEEPING	OVERREACTING TO MINOR THINGS	LOOSING WEIGHT	CONSTANTLY EXHAUSTED	NEGLECTING RESPONSIBILITIES
NOT SLEEPING	TROUBLE CONCENTRATING	FREE	CRYING A LOT	FEELING HOPELESS
FEELING RESENTFUL	NOT SEEING FRIENDS	FEELING RUN DOWN	FEELING HELPLESS	LESS ENERGY THAN USUAL
EATING MORE	CUTTING BACK ON LEISURE ACTIVITIES	MORE IMPATIENT AND IRRITABLE	TROUBLE RELAXING	DRINKING

B	I	N	G	O
TROUBLE CONCENTRATING	CONSTANTLY EXHAUSTED	NEW OR WORSENING HEALTH PROBLEMS	DIFFICULTY SLEEPING	LOOSING WEIGHT
EATING LESS	TROUBLE RELAXING	GETTING ILL MORE FREQUENTLY	CUTTING BACK ON LEISURE ACTIVITIES	NEGLECTING RESPONSIBILITIES
FEELING RESENTFUL	CRYING A LOT	FREE	FEELING HOPELESS	ANXIETY
FEELING HELPLESS	MORE IMPATIENT AND IRRITABLE	SMOKING	DRINKING	NOT SEEING FRIENDS
FEELING RUN DOWN	LESS ENERGY THAN USUAL	NOT SLEEPING	OVERREACTING TO MINOR THINGS	EATING MORE

B	I	N	G	O
CUTTING BACK ON LEISURE ACTIVITIES	MORE IMPATIENT AND IRRITABLE	CONSTANTLY EXHAUSTED	LESS ENERGY THAN USUAL	CRYING A LOT
SMOKING	FEELING RESENTFUL	FEELING RUN DOWN	OVERREACTING TO MINOR THINGS	GETTING ILL MORE FREQUENTLY
NOT SLEEPING	DRINKING	FREE	NOT SEEING FRIENDS	FEELING HELPLESS
TROUBLE CONCENTRATING	NEGLECTING RESPONSIBILITIES	NEW OR WORSENING HEALTH PROBLEMS	TROUBLE RELAXING	EATING LESS
FEELING HOPELESS	ANXIETY	LOOSING WEIGHT	DIFFICULTY SLEEPING	EATING MORE