

B	I	N	G	O
Shaking	Acting Abusive	Dizziness	Rapid Heart Rate	Increased Heart Rate
Craving other Substances	Sad or Depressed	Losing Your Sense of Humor	Anxious	Raising Your Voice
Rubbing Your Head	Sweating	FREE SPACE!	Clenching Jaws	Grinding Teeth
Guilty	Resentful	Headache	Getting Sarcastic	Irritated
Feeling Hot in Neck/Face	Craving a Drink	Pacing	Trembling	Crying

B	I	N	G	O
Sweating	Anxious	Rapid Heart Rate	Craving other Substances	Losing Your Sense of Humor
Dizziness	Trembling	Increased Heart Rate	Craving a Drink	Raising Your Voice
Guilty	Clenching Jaws	FREE SPACE!	Grinding Teeth	Acting Abusive
Getting Sarcastic	Pacing	Shaking	Crying	Resentful
Headache	Irritated	Rubbing Your Head	Sad or Depressed	Feeling Hot in Neck/Face

B	I	N	G	O
Craving a Drink	Pacing	Anxious	Irritated	Clenching Jaws
Shaking	Guilty	Headache	Sad or Depressed	Increased Heart Rate
Rubbing Your Head	Crying	FREE SPACE!	Resentful	Getting Sarcastic
Sweating	Raising Your Voice	Rapid Heart Rate	Trembling	Dizziness
Grinding Teeth	Acting Abusive	Losing Your Sense of Humor	Craving other Substances	Feeling Hot in Neck/Face