

B	I	N	G	O
Stressed	Afraid	Crying	Pain	Glad
Confident	Screaming	Jealous	Anger	Love
Relaxed	Triggers	FREE SPACE!	Anxiety	Emotions
Energetic	Proud	Excited	Embarrassed	Hurt
Depressed	Ashamed	Lonely	Upset	Confused

B	I	N	G	O
Triggers	Anger	Pain	Confident	Jealous
Crying	Upset	Glad	Ashamed	Love
Energetic	Anxiety	FREE SPACE!	Emotions	Afraid
Embarrassed	Lonely	Stressed	Confused	Proud
Excited	Hurt	Relaxed	Screaming	Depressed

B	I	N	G	O
Ashamed	Lonely	Anger	Hurt	Anxiety
Stressed	Energetic	Excited	Screaming	Glad
Relaxed	Confused	FREE SPACE!	Proud	Embarrassed
Triggers	Love	Pain	Upset	Crying
Emotions	Afraid	Jealous	Confident	Depressed