

B	I	N	G	O
PLAYING WITH PETS	ASK KFOR HELP FROM FAMILY MEMBERS AND FRIENDS	EAT RIGHT	NOT TAKING MEDICATIONS	GET VIOLENT
CRY MORE THAN USUAL	OVERLY ARGUMENTIVE	HURT MYSELF OR SOMEONE ELSE	BLAME MYSELF FOR EVERYTHING	NOT CONSIDERING THE CONSEQUENCES
OVER EAT OR EAT TO LITTLE	SLEEP	FREE	BODY IMAGE	FIND SPIRITUAL SUPPORT
FOLLOW TRUSTED PERSON ADVICE	NOT THINKING QUITE RIGHT	GET SUPPORT	FINANCIAL PROBLEMS	GO TO THE PARK
EXCERSISE 30 MINUTES A DAY	BREATHE	LISTEN TO MUSIC	TAKE GOOD CARE OF MYSELF	DO SOMETHING I DO WELL

B	I	N	G	O
SLEEP	BLAME MYSELF FOR EVERYTHING	NOT TAKING MEDICATIONS	CRY MORE THAN USUAL	HURT MYSELF OR SOMEONE ELSE
EAT RIGHT	TAKE GOOD CARE OF MYSELF	GET VIOLENT	BREATHE	NOT CONSIDERING THE CONSEQUENCES
FOLLOW TRUSTED PERSON ADVICE	BODY IMAGE	FREE	FIND SPIRITUAL SUPPORT	ASK KFOR HELP FROM FAMILY MEMBERS AND FRIENDS
FINANCIAL PROBLEMS	LISTEN TO MUSIC	PLAYING WITH PETS	DO SOMETHING I DO WELL	NOT THINKING QUITE RIGHT
GET SUPPORT	GO TO THE PARK	OVER EAT OR EAT TO LITTLE	OVERLY ARGUMENTIVE	EXCERSISE 30 MINUTES A DAY

B	I	N	G	O
BREATHE	LISTEN TO MUSIC	BLAME MYSELF FOR EVERYTHING	GO TO THE PARK	BODY IMAGE
PLAYING WITH PETS	FOLLOW TRUSTED PERSON ADVICE	GET SUPPORT	OVERLY ARGUMENTIVE	GET VIOLENT
OVER EAT OR EAT TO LITTLE	DO SOMETHING I DO WELL	FREE	NOT THINKING QUITE RIGHT	FINANCIAL PROBLEMS
SLEEP	NOT CONSIDERING THE CONSEQUENCES	NOT TAKING MEDICATIONS	TAKE GOOD CARE OF MYSELF	EAT RIGHT
FIND SPIRITUAL SUPPORT	ASK KFOR HELP FROM FAMILY MEMBERS AND FRIENDS	HURT MYSELF OR SOMEONE ELSE	CRY MORE THAN USUAL	EXCERSISE 30 MINUTES A DAY