

B	I	N	G	O
self respect	avoidance	flashbacks	relaxations	physical abuse
domestic violence	sanctuary	preparing for change	being at peace with yourself	safety language
sexual abuse	coping skills	identity	loss	safety
neglect	psychological safety	future	physical safety	depression
responses to stress- flight- fight- freeze	emotions	stress/trauma effects sense of SELF	feeling overwhelmed	hyperarousal

B	I	N	G	O
sexual abuse	coping skills	safety language	being at peace with yourself	depression
feeling overwhelmed	safety	identity	physical abuse	psychological safety
domestic violence	flashbacks	preparing for change	physical safety	self respect
neglect	emotions	sanctuary	future	relaxations
responses to stress- flight- fight- freeze	stress/trauma effects sense of SELF	hyperarousal	avoidance	loss

B	I	N	G	O
safety	physical safety	emotions	feeling overwhelmed	future
depression	hyperarousal	domestic violence	identity	self respect
neglect	responses to stress- flight- fight- freeze	preparing for change	coping skills	sanctuary
sexual abuse	psychological safety	stress/trauma effects sense of SELF	being at peace with yourself	avoidance
loss	safety language	relaxations	flashbacks	physical abuse