

B	I	N	G	O
thought stopping	Active	Dopamine	feelings	Repetition
Confidence	satisfaction	a few minutes	Allergens	cognitive
reflect	visual learner	FREE	Auditory	Kinesthetic
Modality	frontal lobe	Perception	Feedback	Sugar
Duration	Automatic Negative Thoughts	calming	working memory	Corpus callosum

B	I	N	G	O
visual learner	Allergens	feelings	Confidence	a few minutes
Dopamine	working memory	Repetition	Automatic Negative Thoughts	cognitive
Modality	Auditory	FREE	Kinesthetic	Active
Feedback	calming	thought stopping	Corpus callosum	frontal lobe
Perception	Sugar	reflect	satisfaction	Duration

B	I	N	G	O
Automatic Negative Thoughts	calming	Allergens	Sugar	Auditory
thought stopping	Modality	Perception	satisfaction	Repetition
reflect	Corpus callosum	FREE	frontal lobe	Feedback
visual learner	cognitive	feelings	working memory	Dopamine
Kinesthetic	Active	a few minutes	Confidence	Duration