

DV Bingo

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

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

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