

B	I	N	G	O
under eating	anxiety	insomnia	poor judgement	nausea
frequent colds	teeth grinding	over sleeping	constipation	skin breakouts
weight gain	depression	FREE	loss of objectivity	memory problems
self harm	moodiness	overeating	irritability	negative thoughts
fear	rapid heartbeat	headache	weight loss	indecisiveness

B	I	N	G	O
weight gain	weight loss	constipation	moodiness	frequent colds
poor judgement	memory problems	insomnia	negative thoughts	depression
loss of objectivity	anxiety	FREE	irritability	overeating
indecisiveness	under eating	headache	self harm	fear
nausea	isolating self	skin breakouts	over sleeping	teeth grinding

B	I	N	G	O
self harm	irritability	weight gain	indecisiveness	poor judgement
rapid heartbeat	skin breakouts	weight loss	moodiness	depression
overeating	constipation	FREE	loss of objectivity	insomnia
isolating self	nausea	fear	anxiety	under eating
teeth grinding	over sleeping	memory problems	negative thoughts	headache