

B	I	N	G	O
under-eating over-eating	anxiety	irritability	rapid heartbeat	moodiness
indecisiveness	tobacco / alcohol use	negative thoughts	fear	poor judgement
teeth grinding	weight gain	FREE	frequent colds	loss of objectivity
low energy	self neglect personal hygiene	memory problems	loss of interest in hobbies	nausea
isolating self	headache	over sleeping	weight loss	insomnia

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weight gain	fear	rapid heartbeat	indecisiveness	negative thoughts
irritability	weight loss	moodiness	headache	poor judgement
low energy	frequent colds	FREE	loss of objectivity	anxiety
loss of interest in hobbies	over sleeping	under-eating over-eating	insomnia	self neglect personal hygiene
memory problems	nausea	teeth grinding	tobacco / alcohol use	isolating self

B	I	N	G	O
headache	over sleeping	fear	nausea	frequent colds
under-eating over-eating	low energy	memory problems	tobacco / alcohol use	moodiness
teeth grinding	insomnia	FREE	self neglect personal hygiene	loss of interest in hobbies
weight gain	poor judgement	rapid heartbeat	weight loss	irritability
loss of objectivity	anxiety	negative thoughts	indecisiveness	isolating self