

B	I	N	G	O
slowness in activity	agitation	hopelessness	over sleeping	loss of objectivity
guilt	rapid heartbeat	moodiness	anxiety	not worthy
poor judgement	social isolation	FREE	depression	irritability
lack of concentration	overeating	loneliness	insomnia	memory problems
indecisiveness	fear	negative thoughts	suicidal thoughts	headache

B	I	N	G	O
social isolation	anxiety	over sleeping	guilt	moodiness
hopelessness	suicidal thoughts	loss of objectivity	fear	not worthy
lack of concentration	depression	FREE	irritability	agitation
insomnia	negative thoughts	slowness in activity	headache	overeating
loneliness	memory problems	poor judgement	rapid heartbeat	indecisiveness

B	I	N	G	O
fear	negative thoughts	anxiety	memory problems	depression
slowness in activity	lack of concentration	loneliness	rapid heartbeat	loss of objectivity
poor judgement	headache	FREE	overeating	insomnia
social isolation	not worthy	over sleeping	suicidal thoughts	hopelessness
irritability	agitation	moodiness	guilt	indecisiveness