

|                    |                    |                      |                   |                        |
|--------------------|--------------------|----------------------|-------------------|------------------------|
| <b>B</b>           | <b>I</b>           | <b>N</b>             | <b>G</b>          | <b>O</b>               |
| under<br>eating    | anxiety            | indecisiveness       | overeating        | moodiness              |
| fear of<br>unknown | teeth<br>grinding  | negative<br>thoughts | constipation      | skin<br>breakouts      |
| weight<br>gain     | diarrhea           | <b>FREE</b>          | isolating<br>self | loss of<br>objectivity |
| rapid<br>heartbeat | memory<br>problems | over<br>sleeping     | insomnia          | nausea                 |
| fear               | poor<br>judgement  | frequent<br>colds    | weight<br>loss    | headache               |

|                |                     |                |                   |                 |
|----------------|---------------------|----------------|-------------------|-----------------|
| <b>B</b>       | <b>I</b>            | <b>N</b>       | <b>G</b>          | <b>O</b>        |
| weight gain    | weight loss         | constipation   | memory problems   | fear of unknown |
| overeating     | loss of objectivity | indecisiveness | nausea            | diarrhea        |
| isolating self | anxiety             | <b>FREE</b>    | insomnia          | over sleeping   |
| headache       | under eating        | frequent colds | rapid heartbeat   | fear            |
| moodiness      | irritability        | skin breakouts | negative thoughts | teeth grinding  |

|                    |                      |                        |                    |                   |
|--------------------|----------------------|------------------------|--------------------|-------------------|
| <b>B</b>           | <b>I</b>             | <b>N</b>               | <b>G</b>           | <b>O</b>          |
| rapid<br>heartbeat | insomnia             | weight<br>gain         | headache           | overeating        |
| poor<br>judgement  | skin<br>breakouts    | weight<br>loss         | memory<br>problems | diarrhea          |
| over<br>sleeping   | constipation         | <b>FREE</b>            | isolating<br>self  | indecisiveness    |
| irritability       | moodiness            | fear                   | anxiety            | under<br>eating   |
| teeth<br>grinding  | negative<br>thoughts | loss of<br>objectivity | nausea             | frequent<br>colds |