

B	I	N	G	O
relax	Anger	Take a Walk	lonely	avoid others
Headache	quiet	eating	Breathe	hot
moody	scream	FREE	Clenching Teeth	Walk away
Yell	lose control	ask for help	Tired	cry
Talk	Fighting	eating	unhappy	Listen to music

B	I	N	G	O
scream	Breathe	lonely	Headache	eating
Take a Walk	unhappy	avoid others	Fighting	hot
Yell	Clenching Teeth	FREE	Walk away	Anger
Tired	eating	relax	Listen to music	lose control
ask for help	cry	moody	quiet	Talk

B	I	N	G	O
Fighting	eating	Breathe	cry	Clenching Teeth
relax	Yell	ask for help	quiet	avoid others
moody	Listen to music	FREE	lose control	Tired
scream	hot	lonely	unhappy	Take a Walk
Walk away	Anger	eating	Headache	Talk