

B	I	N	G	O
unhappy	anger	eating	scream	lonely
clenching teeth	tired	moody	ask for help	relax
talk a walk	walk away	FREE	avoid others	headache
hot	talk	listen to music	fighting	lose control
eating	breathe	quiet	yell	cry

B	I	N	G	O
walk away	ask for help	scream	clenching teeth	moody
eating	yell	lonely	breathe	relax
hot	avoid others	FREE	headache	anger
fighting	quiet	unhappy	cry	talk
listen to music	lose control	talk a walk	tired	eating

B	I	N	G	O
breathe	quiet	ask for help	lose control	avoid others
unhappy	hot	listen to music	tired	lonely
talk a walk	cry	FREE	talk	fighting
walk away	relax	scream	yell	eating
headache	anger	moody	clenching teeth	eating