

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

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