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

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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	take a walk
listen o music	lose control	talk	tired	eating

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

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