

B	I	N	G	O
under eating	Disorganized	fear	over sleeping	loss of objectivity
Low energy	teeth grinding	moodiness	Emotionless	rapid heartbeat
weight gain	Empty	FREE	insomnia	irritability
poor judgement	isolating self	negative thoughts	headache	memory problems
Hopeless	overeating	Low self esteem	weight loss	Slow

B	I	N	G	O
weight gain	weight loss	Emotionless	isolating self	Low energy
over sleeping	irritability	fear	memory problems	Empty
insomnia	Disorganized	FREE	headache	negative thoughts
Slow	under eating	Low self esteem	poor judgement	Hopeless
loss of objectivity	indecisiveness	rapid heartbeat	moodiness	teeth grinding

B	I	N	G	O
poor judgement	headache	weight gain	Slow	over sleeping
overeating	rapid heartbeat	weight loss	isolating self	Empty
negative thoughts	Emotionless	FREE	insomnia	fear
indecisiveness	loss of objectivity	Hopeless	Disorganized	under eating
teeth grinding	moodiness	irritability	memory problems	Low self esteem