

B	I	N	G	O
Treatment	Amygdala	Decreased Motivation	Positive Thinking	Meditation
Bored	Stress	Peace	Anxiety	Positive Psychology
Repetitive Thoughts	What we think we become	FREE	Authenticity	Freeze
Freeze	Present	Gratitude	Focus	Mindfulness
Fight	Awareness	Physical Activity	Wise Self	Breathe

B	I	N	G	O
What we think we become	Anxiety	Positive Thinking	Bored	Peace
Decreased Motivation	Wise Self	Meditation	Awareness	Positive Psychology
Freeze	Authenticity	FREE	Freeze	Amygdala
Focus	Physical Activity	Treatment	Breathe	Present
Gratitude	Mindfulness	Repetitive Thoughts	Stress	Fight

B	I	N	G	O
Awareness	Physical Activity	Anxiety	Mindfulness	Authenticity
Treatment	Freeze	Gratitude	Stress	Meditation
Repetitive Thoughts	Breathe	FREE	Present	Focus
What we think we become	Positive Psychology	Positive Thinking	Wise Self	Decreased Motivation
Freeze	Amygdala	Peace	Bored	Fight