

B	I	N	G	O
Talk to someone	Angry	Alone	Exercise	Read a book
Love	Depressed	Supports	Pets	Broken Heart
Positive thoughts	Stay Strong	FREE	Comfort	Murf
Hope	Depressed	Imagination	Sense	Left behind
Play outside	Smile	Happy Memories	Friends	Love

B	I	N	G	O
Imagination	Family	Comfort	Cry	Miss you
Love	Listen to music	Color	Stay Strong	Companionship
Read a book	Hope	FREE	Supports	Broken Heart
Tears	Stress	Murf	Love	Keeping memory alive
Depressed	Exercise	Pheromones	Sad	Positive thoughts

B	I	N	G	O
Pets	Sense	Comfort	Cry	Pheromones
Love	Depressed	Play outside	Love	Miss you
Angry	Hope	FREE	Alone	Listen to music
Talk it out	Companionship	Watch a movie	Watch TV	Color
Read a book	Murf	Dog	Tears	Broken Heart