

B	I	N	G	O
What if you're faking it?	"Bad thing will happen unless I..."	Contamination	Redo the thing	Insomnia
Blind anger	Wash hands	PANIC ATTACK	"I must have done something wrong"	Unreasonable thoughts
You don't deserve the things you like	A hindering compulsion	Exhaustion	Hands shaking	Touch the thing
Hoarding	Picking to the point of bleeding	Counting	Other self-harm	Anxiety
Suicidal	Brain is LOUD	You're not good enough	Brain is cloudy	Depression

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Brain is cloudy	Touch the thing	Exhaustion	Insomnia	Picking to the point of bleeding
Blind anger	Contamination	PANIC ATTACK	Other self-harm	What if you're faking it?
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Touch the thing	Other self-harm	Brain is LOUD	Brain is cloudy	Counting
Anxiety	Depression	Blind anger	Exhaustion	What if you're faking it?
Hoarding	Suicidal	PANIC ATTACK	A hindering compulsion	Wash hands
You don't deserve the things you like	Picking to the point of bleeding	You're not good enough	"I must have done something wrong"	"Bad thing will happen unless I..."
Hands shaking	Unreasonable thoughts	Redo the thing	Contamination	Insomnia