

B	I	N	G	O
Wash hands	"Bad thing will happen unless I..."	Contamination	Redo the thing	Insomnia
Blind anger	Violent thoughts and images	PANIC ATTACK	"I must have done something wrong"	Unreasonable thoughts
What if you're faking it?	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 don't deserve the things you like	Brain is cloudy	Depression

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

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