

B	I	N	G	O
Thinking about self-harm	"I'm fat"	Crying	Shout at someone	Insomnia
Catastrophic thinking	Thinking about past mistakes	Over-eating	"I'm stupid"	Panic attack
Thinking about death	Throwing things	FREE	"I'm ugly"	Foetal position
Hiding in a bathroom stall	Thinking I'm a failure	Hitting self	Fiddling with hands	Listening to My Chemical Romance
Exhausted	Angsty social media post	Over-sleeping	Vomiting	Convinced everyone secretly hates me

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Throwing things	"I'm stupid"	Shout at someone	Catastrophic thinking	Over-eating
Crying	Vomiting	Insomnia	Angsty social media post	Panic attack
Hiding in a bathroom stall	"I'm ugly"	FREE	Foetal position	"I'm fat"
Fiddling with hands	Over-sleeping	Thinking about self-harm	Convinced everyone secretly hates me	Thinking I'm a failure
Hitting self	Listening to My Chemical Romance	Thinking about death	Thinking about past mistakes	Exhausted

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Angsty social media post	Over-sleeping	"I'm stupid"	Listening to My Chemical Romance	"I'm ugly"
Thinking about self-harm	Hiding in a bathroom stall	Hitting self	Thinking about past mistakes	Insomnia
Thinking about death	Convinced everyone secretly hates me	FREE	Thinking I'm a failure	Fiddling with hands
Throwing things	Panic attack	Shout at someone	Vomiting	Crying
Foetal position	"I'm fat"	Over-eating	Catastrophic thinking	Exhausted