

B	I	N	G	O
Vulnerability	Bitterness	Heartache	Stubbornness	Resentment
Failure	Unworthy	Self-Abuse	Despair	Sorrow
Unsupported	Worry	FREE	Discouragement	Longing
Lost	Taken for granted	Overwhelm	Insecurity	Sadness
Humiliation	Dread	Shock	Worthless	Frustration

B	I	N	G	O
Worry	Despair	Stubbornness	Failure	Self-Abuse
Heartache	Worthless	Resentment	Dread	Sorrow
Lost	Discouragement	FREE	Longing	Bitterness
Insecurity	Shock	Vulnerability	Frustration	Taken for granted
Overwhelm	Sadness	Unsupported	Unworthy	Humiliation

B	I	N	G	O
Dread	Shock	Despair	Sadness	Discouragement
Vulnerability	Lost	Overwhelm	Unworthy	Resentment
Unsupported	Frustration	FREE	Taken for granted	Insecurity
Worry	Sorrow	Stubbornness	Worthless	Heartache
Longing	Bitterness	Self-Abuse	Failure	Humiliation