

B	I	N	G	O
homework you dont understand	Anger	Feeling worthless	Unexpected life events	Loss of daily structure
Emotional pain/trauma	friend not responding	Music	Being around family	Stress/Conflict
fighting with parent(s)/guardian	school	FREE	Boredom	Glorifying the good ol days
Lack of support	Using friends	Loneliness	Getting overwhelmed	Medical problems
Frustration	Driving by old neighborhoods	Physical pain	things not going your way	Feeling hopeless

B	I	N	G	O
school	Being around family	Unexpected life events	Emotional pain/trauma	Music
Feeling worthless	things not going your way	Loss of daily structure	Driving by old neighborhoods	Stress/Conflict
Lack of support	Boredom	FREE	Glorifying the good ol days	Anger
Getting overwhelmed	Physical pain	homework you dont understand	Feeling hopeless	Using friends
Loneliness	Medical problems	fighting with parent(s)/guardian	friend not responding	Frustration

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Driving by old neighborhoods	Physical pain	Being around family	Medical problems	Boredom
homework you dont understand	Lack of support	Loneliness	friend not responding	Loss of daily structure
fighting with parent(s)/guardian	Feeling hopeless	FREE	Using friends	Getting overwhelmed
school	Stress/Conflict	Unexpected life events	things not going your way	Feeling worthless
Glorifying the good ol days	Anger	Music	Emotional pain/trauma	Frustration