

DOMESTIC VIOLENCE BINGO

self respect	being at peace with yourself	flashbacks	psychological safety	neglect
domestic violence	sanctuary	physical safety	code words	safety
sexual abuse	coping skills	***** ***	hyperarousal	identity
responses to stress- flight- fight- freeze	loss	preparing for change	future	physical abuse
depression	relaxations	emotions	stress/trauma effects sense of SELF	feeling overwhelmed

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sexual abuse	stress/trauma effects sense of SELF	code words	loss	domestic violence
psychological safety	identity	flashbacks	physical abuse	coping skills
hyperarousal	being at peace with yourself	***** ***	future	preparing for change
feeling overwhelmed	self respect	emotions	responses to stress- flight- fight- freeze	depression
neglect	honeymoon phase	safety	physical safety	sanctuary

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responses to stress- flight- fight- freeze	future	sexual abuse	feeling overwhelmed	psychological safety
relaxations	safety	stress/trauma effects sense of SELF	loss	coping skills
preparing for change	code words	***** ***	hyperarousal	flashbacks
honeymoon phase	neglect	depression	being at peace with yourself	self respect
sanctuary	physical safety	identity	physical abuse	emotions