

B	I	N	G	O
Terror	Abandonment	Dread	Panic	Helplessness
Defensiveness	Stubbornness	Lost	Anger	Overjoy
Sadness	Vulnerability	FREE	Bitterness	Guilt
Hatred	Pride	Heartache	Frustration	Lack of Control
Failure	Conflict	Low Self-Esteem	Worry	Depression

B	I	N	G	O
Vulnerability	Anger	Panic	Defensiveness	Lost
Dread	Worry	Helplessness	Conflict	Overjoy
Hatred	Bitterness	FREE	Guilt	Abandonment
Frustration	Low Self-Esteem	Terror	Depression	Pride
Heartache	Lack of Control	Sadness	Stubbornness	Failure

B	I	N	G	O
Conflict	Low Self-Esteem	Anger	Lack of Control	Bitterness
Terror	Hatred	Heartache	Stubbornness	Helplessness
Sadness	Depression	FREE	Pride	Frustration
Vulnerability	Overjoy	Panic	Worry	Dread
Guilt	Abandonment	Lost	Defensiveness	Failure