

B	I	N	G	O
Unworthy	Anger	Abandonment	Failure	Resentment
Lost	Depression	Terror	Overwhelm	Anxiety
Rejection	Stubbornness	FREE	Vulnerability	Bitterness
Heartache	Defensiveness	Humiliation	Shame	Lack of Control
Pride	Sorrow	Guilt	Helplessness	Grief

B	I	N	G	O
Low Self-Esteem	Humiliation	Frustration	Conflict	Confusion
Overjoy	Lost	Longing	Betrayal	Stubbornness
Sadness	Heartache	FREE	Bitterness	Terror
Anxiety	Vulnerability	Taken for Granted	Resentment	Helplessness
Indecisiveness	Depression	Fear	Peeved	Wishy Washy

B	I	N	G	O
Sadness	Rejection	Panic	Shock	Conflict
Crying	Peeved	Lost	Depression	Pride
Nervousness	Anger	FREE	Heartache	Abandonment
Longing	Overjoy	Unworthy	Confusion	Worthless
Worry	Despair	Wishy Washy	Betrayal	Resentment