

B	I	N	G	O
poor judgement	aches & pains	drinking/drugging	loss of objectivity	indecisiveness
change in sleep	negative thoughts	irritability	angry	nausea
teeth grinding	anxiety	FREE	frequent colds	hard to concentrate
moodiness	indecisive	isolating self	fatigue	insomnia
change in appetite	memory problems	change in weight	tense muscles	crying

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teeth grinding	tense muscles	angry	indecisive	change in sleep
loss of objectivity	hard to concentrate	drinking/drugging	insomnia	anxiety
frequent colds	aches & pains	FREE	fatigue	isolating self
crying	poor judgement	change in weight	moodiness	change in appetite
indecisiveness	fear	nausea	irritability	negative thoughts

B	I	N	G	O
moodiness	fatigue	teeth grinding	crying	loss of objectivity
memory problems	nausea	tense muscles	indecisive	anxiety
isolating self	angry	FREE	frequent colds	drinking/drugging
fear	indecisiveness	change in appetite	aches & pains	poor judgement
negative thoughts	irritability	hard to concentrate	insomnia	change in weight