

B	I	N	G	O
under eating	Inability to concentrate	indecisiveness	overeating	memory problems
fear	sadness	nausea	anger	over sleeping
rapid heartbeat	weight gain	FREE	anxiety	isolating self
lack of participation in pleasurable activity	poor judgement	loss of objectivity	irritability	moodiness
insomnia	depression	negative thoughts	weight loss	headache

B	I	N	G	O
weight gain	anger	overeating	fear	nausea
indecisiveness	weight loss	memory problems	depression	over sleeping
lack of participation in pleasurable activity	anxiety	FREE	isolating self	Inability to concentrate
irritability	negative thoughts	under eating	headache	poor judgement
loss of objectivity	moodiness	rapid heartbeat	sadness	insomnia

B	I	N	G	O
depression	negative thoughts	anger	moodiness	anxiety
under eating	lack of participation in pleasurable activity	loss of objectivity	sadness	memory problems
rapid heartbeat	headache	FREE	poor judgement	irritability
weight gain	over sleeping	overeating	weight loss	indecisiveness
isolating self	Inability to concentrate	nausea	fear	insomnia