

B	I	N	G	O
This feeling is just adrenaline.	Anything worth doing is worth doing it badly.	I can ask for help when I need to.	It is not worth getting angry and staying angry.	I don't need to eliminate stress just manage myself through it.
I can accept my strengths/weaknesses while seeking to improve.	Step by step until it's over.	I love myself for who I am-not what I do.	Food is fuel and medicine.	I will not take this personally.
My family will benefit from my relaxing more and making healthy changes.	This is not as difficult as I thought.	FREE	Having faults does not make me a "bad" person.	I can control my anger instead of allowing it to control me.
I can set and reach goals.	It's okay to reward myself or be rewarded.	I can stop allowing things out of my control to consume me.	I can choose to problem-solve or let it go for now.	I have survived panic attacks before and I will survive this as well.
I can be assertive instead of passive or aggressive.	I am fearfully and wonderfully made.	I will just let my body pass through this.	This pain won't last indefinitely.	I can always retreat out of the situation if I need to.

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