

B	I	N	G	O
The more lonely I feel the harder it is for me to get out of that mindset	1	I feel like I have no one to talk to	I turn to people on the internet to feel understood	I have many friends
I feel better spending time on social media	No one knows the real me	I have very few friends	2	I rather communicate with someone through a device than in person
It's hard for me to reach out to others	The older I get the easier it is for me to connect with others	FREE	3	I feel worse after spending time on social media
I find it difficult to make new friends	It's difficult for me to connect emotionally	I have created bad habits to fill the void of loneliness	I feel shut out and excluded by others	I have more acquaintances and very few friends
I feel more lonely if I spend too much time on social media	I feel alone around groups of people	I like to be alone but not feel lonely	The older I get the lonelier I feel	I feel better when interacting with people in person

B	I	N	G	O
The older I get the easier it is for me to connect with others	2	I turn to people on the internet to feel understood	I feel better spending time on social media	I have very few friends
I feel like I have no one to talk to	The older I get the lonelier I feel	I have many friends	I feel alone around groups of people	I rather communicate with someone through a device than in person
I find it difficult to make new friends	3	FREE	I feel worse after spending time on social media	1
I feel shut out and excluded by others	I like to be alone but not feel lonely	The more lonely I feel the harder it is for me to get out of that mindset	I feel better when interacting with people in person	It's difficult for me to connect emotionally
I have created bad habits to fill the void of loneliness	I have more acquaintances and very few friends	It's hard for me to reach out to others	No one knows the real me	I feel more lonely if I spend too much time on social media

B	I	N	G	O
I feel alone around groups of people	I like to be alone but not feel lonely	2	I have more acquaintances and very few friends	3
The more lonely I feel the harder it is for me to get out of that mindset	I find it difficult to make new friends	I have created bad habits to fill the void of loneliness	No one knows the real me	I have many friends
It's hard for me to reach out to others	I feel better when interacting with people in person	FREE	It's difficult for me to connect emotionally	I feel shut out and excluded by others
The older I get the easier it is for me to connect with others	I rather communicate with someone through a device than in person	I turn to people on the internet to feel understood	The older I get the lonelier I feel	I feel like I have no one to talk to
I feel worse after spending time on social media	1	I have very few friends	I feel better spending time on social media	I feel more lonely if I spend too much time on social media