

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

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I feel worse after spending time on social media	The older I get the lonelier I feel	I like to be alone but not feel lonely	I feel like I have no one to talk to	I'm too busy to feel alone
I have more acquaintances and very few friends	I feel better when interacting with people in person	FREE	I have many friends	I feel alone around groups of people
I have created bad habits to fill the void of loneliness	I turn to people on the internet to feel understood	The more lonely I feel the harder it is for me to get out of that mindset	I feel shut out and excluded by others	It's easier to make small talk than to make real friends
I have very few friends	I make friends easily	It's hard for me to reach out to others	No one knows the real me	I find it difficult to make new friends

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It's hard for me to reach out to others	I feel shut out and excluded by others	FREE	It's easier to make small talk than to make real friends	I have created bad habits to fill the void of loneliness
The older I get the easier it is for me to connect with others	I'm too busy to feel alone	It's difficult for me to connect emotionally	The older I get the lonelier I feel	I feel worse after spending time on social media
I have many friends	I feel alone around groups of people	I rather communicate with someone through a device than in person	I feel more lonely if I spend too much time on social media	I find it difficult to make new friends