

B	I	N	G	O
Start sweating	Become aggressive	Crying	Punch walls	Headaches
Can't stop thinking about the problem	Stare at the other person aggressively	Insult the other person	Become argumentative	Pace around the room
Screaming or yelling	Stop listening to the other person	FREE	Body feels energized	Feel hot
Feel sick to the stomach	Scowl or make an angry face	Go quiet and shut down	Face turns red	Heavy or fast breathing
Cursing	Body or hands shake	Mind goes blank	Throw things	Clench fists

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Stop listening to the other person	Become argumentative	Punch walls	Can't stop thinking about the problem	Insult the other person
Crying	Throw things	Headaches	Body or hands shake	Pace around the room
Feel sick to the stomach	Body feels energized	FREE	Feel hot	Become aggressive
Face turns red	Mind goes blank	Start sweating	Clench fists	Scowl or make an angry face
Go quiet and shut down	Heavy or fast breathing	Screaming or yelling	Stare at the other person aggressively	Cursing

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Body or hands shake	Mind goes blank	Become argumentative	Heavy or fast breathing	Body feels energized
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Screaming or yelling	Clench fists	FREE	Scowl or make an angry face	Face turns red
Stop listening to the other person	Pace around the room	Punch walls	Throw things	Crying
Feel hot	Become aggressive	Insult the other person	Can't stop thinking about the problem	Cursing